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<b>(54) Title:</b> ESSENTIAL OIL COMPOSITION  <b>(57) Abstract</b>  The application relates to new medicinal and cosmetic compositions comprising essential oils in combination with herbs and/or spices. The compositions may be used orally or topically.		

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## ESSENTIAL OIL COMPOSITION

The invention relates to medicinal and cosmetic compositions comprising an essential oil in combination with at least one spice and/or at least one herb. Such compositions may be taken orally or may be absorbed through the skin.

Essential oils have been used for thousands of years in aromatherapy.

The ancient Chinese are generally acknowledged as the founders of aromatherapy, but it is more than likely that quite early in the history of civilisation man had realised that certain aromatic plants could help restore his health. Aromatic substances were also used by the ancient Egyptians and Ancient Greeks as medicinal perfumes.

In the 10th century the Arabs were extracting essential oils from aromatic plants and using them medicinally. The Knights of the Crusades brought aromatic essences and waters back to Europe from the Middle East and they became so popular that perfume began to be manufactured and was well established by the end of the 12th century. The importance of aromatic plants for other purposes was realised early. When the bubonic plague reached England around the middle of the 14th century, fires were ordered in the streets at night, burning aromatic

frankincense and pine; indoors, incense and perfumed candles were burnt to combat infection and disguise the stench of death; pomanders made from aromatic gums and resins were worn on ribbons round the neck to protect the wearers from the dreaded Black Death.

By the turn of the 18th century essential oils were widely used in medicinal preparations and Salmon's dispensary of 1896 contains recipes for numerous aromatic remedies. In the 19th century, essential oils were subjected to more scientific investigation, and it was discovered that some of them could be synthesised from other materials. As it is always quicker and cheaper to produce the laboratory versions than natural plant extracts, true essential oils began to fall from favour. Today, many of our medicines and perfumes contain so-called essential oils, though often they are mere imitations; while synthetics may smell like the real thing, they do not possess the same therapeutic properties.

### **Essential Oils**

Essential oils are highly scented droplets found in minute quantities in the flowers, stems, leaves, roots and barks of aromatic plants. They are not true oils in the manner of lubricant vegetable oils, but highly fluid

and exceptionally volatile.

Essential oils are complex mixtures of different organic molecules - terpenes, alcohols, esters, aldehydes, ketones and phenols. Synthetic oils are usually made from one or more of the constituents predominant within a particular essential oil; menthol, for example, often substitutes for mint and eucalyptol for eucalyptus. However, there are sound reasons for believing that it is the interaction between each and every component that gives an essential oil its particular character and unique therapeutic properties.

The chemical composition of an oil is related to the time of day, the month or the season. Jasmine develops a strongly scented indole molecule at midnight when it is particularly intoxicating, and it is important to gather the petals at exactly the right moment. There are good years and bad years for essential oils as there are with wines. Some commercial producers have discovered that they can improve the quality of a poor yield by adding certain components and that an expensive oil like rosemary can be adulterated, without altering its aroma, by adding 30-40% of camphor which is considerably cheaper for the perfume industry. Such adulteration may be commercially

acceptable but it might well alter the therapeutic properties of the oil.

It is important to try to ensure that essential oils come from reputable sources and are as pure as possible.

Experts recognise an essential oil by its aroma and check its composition by a process called Gas Liquid Chromatography. Colour can also be an indicator; eucalyptus is colourless, chamomile varies from white to blue and others, like basil and sandalwood (both light greenish-yellow), are in pastel shades. Yet others are richly pigmented, like jasmine, a deep reddish-brown, patchouli, brown, and rose, orange-red.

### Extraction of the Oils

Essential oils may be extracted from plants in a number of ways. One of the oldest methods is distillation, practised in ancient Persia, Turkey and India thousands of years ago. The Egyptians were preparing essence of cedarwoods for embalming and other purposes around 2000BC; the wood was heated in a clay vessel covered by a screen of woollen fibres through which the steam had to pass. The essence was obtained by squeezing out the impregnated wool.

The Arabs are credited with having popularised distillation in the late 10th century. They began with extract of rose petals then experimented with other aromatic materials. Today, distillation remains the most commonly used means of extracting essential oils.

Other methods include *enfleurage*, often used for delicate petals like jasmine and tuberose; maceration, for tougher flowers and leaves, roots and bark; solvent extraction, the preferred method for gums and resins like myrrh and galbanum; and hand expression, chiefly employed for squeezing the highly aromatic oils from thick-skinned citrus fruit like oranges, tangerines and lemons.

### **The Properties and Uses of Essential Oils**

Essential oils possess numerous properties which make them useful for treating many of our most common health and beauty troubles.

Professor Paolo Rovesti, Director of the Instituto Derivati Vegetali in Milan, has studied the effect of essential oils on the psyche and found that they can be useful in the treatment of anxiety and depression. He recommends ylang-ylang, citrus oils, jasmine, basil, patchouli and

peppermint for treating general depression, geranium, lavender and bergamot for treating fear and anxiety, and peppermint, rose and carnation for improving concentration and eliminating lethargy. Sprayed into the air, these oils also have immediate and long-lasting effects.

The reasons for these reactions are as yet unclear, but it is known that odour molecules are perceived by thousands of tiny nerve cells in the nose and that each of these nerves is connected to that part of the brain which is concerned with emotional drives, creativity and sexual behaviour. This could explain why certain perfumes make us feel happy, why some essences, like jasmine and rose, have a reputation for being aphrodisiac and why unpleasant smells, like petrol fumes, can induce depression. While pure essential oils appear to have a positive influence on the psyche, it is doubtful that synthetic ones work in the same way.

Spices are conventionally used as flavourings in, for example, Indian or Thai dishes. Spices are usually the dried, aromatic parts of plants, generally the seeds, berries, roots, pods and sometimes leaves and flesh, which mainly, but not invariably, grow in hot countries.



The medicinal uses of spices in the past were often indistinguishable from their culinary uses, particularly so in mediaeval times, when apothecaries prescribed herbs and spices not merely for digestive problems, but for all types of ailments. Hot spices, such as pepper, were regarded as an appetite stimulant and a digestive aid; asafoetida, now known only in Indian cookery, was used by the Romans as a healing ointment, an antidote for snake bites, and an cure for gout, cramps, pleurisy, and tetanus; spiced salts were made with ginger, pepper, cumin, thyme and celery seed which were good for the digestion, promoting regularity and preventing all sorts of illnesses, plagues and chills; and citron seeds were given to pregnant women to relieve nausea. Roman and mediaeval writers also believed the fennel helped to promote and restore good vision and it was at one time a cure for obesity.

Chinese herbal medicine has been known in China for several thousands of years. Only recently, however, has it become recognised in the West that Chinese herbs may be used to treat medical conditions.

The inventors have unexpectedly found that it is possible to combine

essential oils with naturally occurring spices and/or herbs to produce medicinal compositions which may be taken orally or which may be directly absorbed through the skin. Compositions of the invention may be used to treat a surprising range of illnesses.

Such compositions are especially important with the move by many members of the public towards more "natural" treatments, which do not use artificial medicines.

Accordingly a first aspect of the invention provides a medicinal or cosmetic composition comprising at least one essential oil in combination with at least one spice and/or herb. Preferably the spice is an "Indian spice" as defined herein. The herb is preferably a "Chinese herb" as defined herein.

Preferably the composition comprises an Aloe vera extract. This is the preferred delivery vehicle for the essential oil and spice and/or herb. It is preferred since it is readily accepted by the body and has not been found to produce allergic reactions or side effects. Preferably the extract is concentrated.

The composition may comprise a honey product such as royal jelly or bee propolis. Royal jelly and bee propolis have been used for many years to treat a wide range of conditions and as nutrient supplements.

Indian brandee may also be incorporated with the composition. Indian brandee has been used for many years as to relieve flatulence and colic. Its main ingredients are rhubarb tincture, capiscum tincture, ethanol, cochineal and methyl hydroxybenzoate.

The composition may also comprise one or more flavourings, such as blackcurrant concentrate, vitamins, amino acids and minerals.

Examples of vitamins include Vitamin C and Vitamins E and D, which may be in the form of alpha-tocopherol. Inositol, pepsin, selenium methionine, soya isolate, trace mineral clay, whey protein, zinc amino acid chelate and individual amino acids such as lysine may be used.

Enzymes, such as plant extracts comprising enzymes may also be incorporated.

The essential oils, spices, herbs and vitamins and amino acids preferably used within the invention are shown in Tables 1 to 4.

Preferably the compositions comprise one or more essential oils selected from:

- (a) bergamot, chamomile german, chamomile maroc, chamomile roman, cinnamon zeylanicum, clove buds, eucalyptus globulus, frankincense, fennel, hyssop, juniper, lemon grass, mountain savoury, niaouli, red thyme, rosemary, rose geranium, tagestes and ylang ylang.

The compositions may comprise one or more Chinese herbs selected from:

- (b) acacia catechu, acanthopanax gracilistylus, caesalpinia sappan and epimedium spinosa.

Preferably the compositions comprise one or more spices selected from:

- (c) asapoetidia, coconut, coriander, fenugreek and horseradish.

Preferably the composition comprises all of the oils, herbs and spices from lists (a), (b) and (c). This combination has been found to especially improve the effectiveness of the compositions.

Compositions of the invention may be used in combination with alternative methods of treatment such as aromatherapy, Bach flowers therapy, reflexology, acupuncture and/or the Alexander technique, all of which are known in the art.

The invention may be used orally or topically. Accordingly the invention preferably provides tablets or capsules comprising the compositions of the invention for oral administration.

Compositions for topical administration comprising the compositions according to the invention are also provided.

The invention further provides the use of a medicinal composition according to the invention for the treatment of disease or physical disability or sports injuries, or for the build up and maintenance of the immune system, or for the protection against disease or pollution.

The use of cosmetic formulations according to the invention are also provided for skin care and/or weight management.

aromatherapy and/or reflexology and/or physiotherapy to produce enhanced results.

Essential oils are typically extracted by steam distillation, expression (hard pressing) or maceration, as indicated in Table 1. Such techniques are well known in the art.

Spices are preferably selected from Table 2.

## **CHINESE HERBS**

### **Herbs and Their Properties**

In China the herbs used are gathered from the wild by hand. The best ones grow far from human habitation, and the herbalists who gather them will also be botanists, explorers, climbers and environmentalists. They need to be able to identify the relevant herb in all stages of its development, know where the finest ones grow, be able to get to the plants even when they grow in highly inaccessible places, know how much they can take without threatening a particular species, and always be on

TABLE I

**ESSENTIAL OILS**

Aniseed  
Basil  
Benzoin  
Bergamot  
Black Pepper  
Camphor  
Carrot  
Cedarwood  
Chamomile German  
Chamomile Maroc  
Chamomile Roman  
Cinnamon Leaf  
Clove Buds  
Cypress  
Dill  
Eucalyptus Globulus  
Fatigue  
Fennel  
Frankincense  
Ginger  
Grand Fir  
Grapefruit  
Grapeseed  
Hazel  
Hyssop  
Jojoba  
Juniper  
Juniper Berry  
Lavender  
Lemon  
Lemon Grass  
Melissa  
Mountain Savoury  
Myrtle Red  
Neroli  
Niaouli  
Patchouli  
Peppermint

Pine  
Red Myrtle  
Rescue Remedy  
Rose Geranium  
Rosemary  
Sandlewood  
Spanish Marjoram  
Sweet Marjoram  
Sweet Thyme  
Tagetes  
Tea Tree  
Thyme Red  
Thyme Sweet  
Ylang Ylang

TABLE 2

<b>SPICES</b>
---------------

Allspice  
Allspice Ground  
Anise Star  
Aniseed  
Arrowroot  
Arrowroot Ground  
Asafoetida  
Caraway Ground  
Cardamom  
Cardamom Seeds  
Carob  
Cassia  
Cassia Bark  
Cayenne Pepper  
Celery Salt  
Chilli  
Chilli Powder  
Cinnamon  
Cinnamon Ground  
Cinnamon Sugar  
Cloves  
Cloves Ground  
Coconut Cream Block  
Coconut Ground  
Coconut Powder  
Coriander  
Coriander Ground  
Cream of Tartar  
Cumin  
Dill  
Dill Seeds  
Dutch Caraway  
Fennel  
Fennel Powder  
Fenugreek  
Fenugreek Powder  
Garlic  
Ginger  
Horseradish  
Horseradish Ribbled  
Juniper Berries  
Laos  
Laos Powder  
Lemon Grass  
Mace  
Mace Ground

Mango Powder  
Mixed Spices  
Mixed Spices - Sweet  
Mushroom  
Mustard Seed Black  
Mustard Seed Yellow  
Nutmeg  
Nutmeg Powder  
Onion  
Oris Root  
Paprika - Sweet  
Slippery Elm  
Tamarind Block  
Turmeric



the look-out for new sources and new species.

They are mostly imported from Hong Kong, although some come from mainland China via Beijing and Shanghai. Increasingly, as China opens its doors to the West, better access will be granted for importing herbs.

Some herbalists import their herbs directly, while others purchase them from Chinese herbal cash and carry stores in the West or from mail order suppliers.

Examples of Chinese herbs which may be used in the invention are listed in Table 3.

### **Preservation**

Once the herbs have been collected from the wild they need to be treated so that they will keep their essential qualities during storage. They are always washed and dried. The method of drying varies depending on the particular herb and what it is going to be used for. They may be sun-dried or dried in a clay oven, alone or with other herbs. Sometimes they are dried with minerals such as sulphur, which bleaches them and also acts as

<b>HERBS</b>
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Ba Ji Tian  
Bai Dou Kou  
Bai Gou  
Bai Guo Ye (Ginkgo)  
Bai He  
Bai Ji Tian  
Bai Jlang Cao  
Bai Zhi  
Bai Zhu  
Ban Xia  
BI Ji Tian  
Bo He  
Bladderwrack  
Boswellia Serrata  
Bu Gu Zhi  
Cang Er Zi  
Chai Hu  
Chamaelirium Lurea  
(False Unicorn)  
Chan Tiu  
Che Qian Cao  
Che Qian Zi  
Che Quian Cao  
Chen Xiang  
Chi Shao Yao  
Chuan Lian Zi  
Da Huang  
Da Zao  
Dan Shen  
Dang Gui (Dong Quai)  
Dang Shen  
Du Zhong  
Echinacea Angustifolia  
Er Cha  
Fan Xie Ye (Senna)  
Fu Ling  
Fu Pen Zi  
Gao Ben  
Garcinia Cambogia  
Ge Gen  
Gou Qi Zi (Lycium)  
Gou Teng  
Guaiacum Wood  
Gui Ban  
Guo Teng  
Guo Ye (Ginkgo)  
He Zi  
Horsetail

**HERBS**

Hu Huang Lian  
Hu Po  
Hua Jiao  
Huai Jiao Zi  
Huang Lian  
Huang Qi  
Huo Ma Ren  
Ji Xue Feng  
Jiang Can  
Jie Geng  
Jin Quian Cao  
Jin Yin Hua  
Jin Ying Zi  
Lian Zi  
Lian Zi (Red)  
Long Yan Rou  
Lu Jiao Shuang  
Ma Dou Ling  
Mai Men Dong  
Mai Ya  
Man Jing Zi  
Mao Zhao Cao (Cats  
Claw)  
Maté Leaf  
Mexican Yam Root  
Milk Thistle Seed  
Mu Dan Pi  
Mu Hu Die  
Mu Li  
Mu Tong  
Niu Bang Zi  
Ou Jie  
Qiang Huo  
Rou Cong Rong  
Salix Alba (White Willow)  
Sang Ye  
Shan Zha  
Shen Jin Cao  
Sheng Ma  
Shiu Niu Jiao Si  
Shu Di Huang  
Spirulina  
Su Mu  
Su Zi (Zi Su Zi)  
Suan Zao Ren  
Tian Ma  
Tian Nan Xing

Ting Li Zi  
Wang Bu Liu Xing Guo  
Wu Bei Zi  
Wu Jia Pi  
Wu Yao  
Xian He Cao  
Xing Ren  
Yan Hu Suo  
Yang Rong Wan  
Ye Ju Hua  
Ye Tu Hua  
Yi Mu Cao  
Yin Yang Huo  
Yohimbe  
Zhen Zhu Mu  
Zhi Mu  
Zhi Zi

a preservative. Occasionally you may hear of herbs being treated. This means that, after drying, they are stir-fried with angelica and milk vetch to enhance their properties. Some may also be buried in the ground to absorb moisture, or cooked in a clay pot with rice wine or honey to increase their potency.

### **Cutting up Herbs**

Before or after they have been dried, the herbs will need to be cut up using a herb chopper. When this is done depends on the herb and its eventual usage. There are several ways of cutting herbs. Large roots are often sliced across at 90 degrees, which gives them a round cross-section, while smaller ones are cut at an angle to give a larger surface area. Some herbs are chopped very finely and compressed into a cake.

Some herbs have to be ground to a powder and this is done using a mortar and pestle with a lid, to avoid the loss of powder during crushing.

### **Storage**

Traditionally, herbs would be stored in clay pots after preservation and

cutting up. The shape of the clay pots and whether they were covered or uncovered depended on the herbs. The Chinese have always used clay pots, because clay was the simplest and cheapest material to get hold of and also because, when glazed and therefore non-absorbent, it helped to keep the properties of the herbs intact.

Modern herbalists increasingly use glass jars and bottles for herb storage, but still rely on wooden drawers for the bulk of their stocks because this is the easiest and most convenient method of dispensing them. These drawers are rarely labelled, as the herbalist is completely familiar with their contents. Since the drawers are arranged according to meridians and properties it would be hard for the herbalist to make a mistake that would result in a herb of a totally different type being dispensed.

### **Freshness of Stocks**

However the herbs are stored, herbalists will check them periodically for mould and other signs of decay.

Herbs may need to be retreated - that is, washed and boiled, redried and, where necessary, freshly treated with angelica again in the same way that

fresh herbs are.

### **Weighing Herbs**

Because it is so expensive, ginseng is weighed in very sensitive scales which have divisions of 0.1 of a gram.

Other herbs do not need quite such accurate scales, and larger ones can be used. These are accurate to within approximately 3 grams. Both sorts of scales are used by holding one of the strings near the pan and adjusting the weight on the rod.

Metric weights have been used for convenience, but Chinese herbalists use Chinese weights. Their names and metric equivalents are given below.

1 fan		= 0.3 grams approx
10 fan	= 1 qin	= 3 grams approx
10 qin	= 1 lian	= 30 grams approx
16 lian	= 1 jin	= 480 grams approx

Whenever scales are used, the weight given is always that of the herb before any stir-frying which may be specified on the prescription. The

herbs may be fried in honey, water or rice wine, or 'burned' until black in a red-hot wok. These treatments naturally change the weight of the herb, and it is not unknown for patients to weight their herbs afterwards and mistakenly complain that they have been short-changed by the herbalist.

### **Boiling and Steaming**

As soon as possible after collection, the herbs are boiled in clay pots. These come in a variety of shapes and sizes much like Western saucepans. It used to be traditional to throw away all pots used in medicinal preparations on the Chinese New Year's Eve. But few herbalists in the West can afford to do this now, especially since some of the decorated pots are extremely expensive.

Steam pots are used a lot for medicinal foods. The ingredients are added to the pot, after which both lids are put on and fastened by a string which passes through the handles. The pot is then placed in a larger pot of boiling water. The herbs and other ingredients are gently cooked by the rising steam without losing any valuable elements which might otherwise be boiled out.

### **Properties of Commonly Used Chinese Herbs**

In the following lists the Chinese name has been used, along with the botanical name and the Western common name where possible. (Some Chinese herbs are not native to the West and have no corresponding Western name so in these cases the literal English translation has often been included.) Most of the herbs described here can be used in their fresh state, but they can all be ordered as dried herbs. Dosages given are standard ones from which herbalists would raise or lower according to the individual. It is interesting to note that many of the Chinese names have suffixes denoting parts of the plant, for example: hua/flower; pi/cortex or peel; ren/seeds; ye/leaf; zi/fruit or seeds. The dosage refers to the total dose over the course duration.



<b>Bai Shao</b>	<i>Paeonia lactiflora</i> , <i>P. obovata</i>	White peony root
<b>Part used:</b>	root, sliced	
<b>Meridian:</b>	liver	
<b>Taste:</b>	sweet	
<b>Usage:</b>	for abdominal pains after childbirth combine with Dang Gui ( <i>Angelica sinensis</i> /Chinese angelica), Chuan Xiong ( <i>Ligustrum wallichii</i> /Szechuan lovage root) and Hong Hua ( <i>Carthamus tinctorius</i> /safflower).	
<b>Dosage:</b>	6-15g	
<b>Note:</b>	Do not use with black false hellebore ( <i>Veratrum nigrum</i> )	
<b>Bai Zhu</b>	<i>Atractylodes macrocephala</i>	Attractylodes
<b>Part used:</b>	root	
<b>Meridians:</b>	spleen, stomach	
<b>Taste:</b>	bitter-sweet	
<b>Usage:</b>	to correct mischannelling of qi at the spleen and stomach. Used to treat loss of appetite, extended tight abdomen, vomiting and bowel disorders. It is safe to use during pregnancy.	
<b>Dosage:</b>	4.5-9g	
<b>Gan Cao</b>	<i>Glycyrrhiza uralensis</i> , <i>G. glabra</i>	Liquorice
<b>Part used:</b>	root	
<b>Meridians:</b>	all	
<b>Taste:</b>	sweet	
<b>Usage:</b>	one of the most frequently used Chinese herbs. It can be used on its own to assist the spleen, dispel heat and restore qi. It is used to treat sore throats and to relieve food poisoning. It is most often used with other herbs to moderate their effects. It is also used to alleviate any uncomfortable side-effects which may be felt after taking other medicinal herbs.	
<b>Dosage:</b>	1.5-9g	
<b>Gou Qi Zi</b>	<i>Lycium chinense</i>	Lycium
<b>Part used:</b>	seed	
<b>Meridians:</b>	liver, kidneys	
<b>Taste:</b>	sweet	
<b>Usage:</b>	to strengthen shen and kidneys, and to improve eyesight, used with Sheng Di Huang ( <i>Rehmania glutinosa</i> /Chinese foxglove root), Ju Hua ( <i>Chrysanthemum morifolium</i> /chrysanthemum) and Shan Zhu Yu ( <i>Cornus officinalis</i> /fruit of Asiatic cornelian cherry). Used with Sheng Di Huang ( <i>Rehmania glutinosa</i> ) and Tian Men Dong ( <i>Asparagus cochinchinensis</i> /asparagus root) to treat deficient liver and/or kidneys as well as tinnitus, dizziness and weakness of the knees, and for the prevention of wet dreams.	

<b>Dosage:</b>	6-12g	
<b>Gou Teng</b>	<i>Nauclea rhyncholophylla</i>	also ( <i>Unicaria</i> )
<b>Part used:</b>	thorn	
<b>Meridians:</b>	heart, liver	
<b>Taste:</b>	sweet	
<b>Usage:</b>	to stop convulsions, tics and spasms used with Tian Ma ( <i>Gastrodia elata</i> /Gastrodia rhizome). For the treatment of red eyes caused by headaches used with Ju Hua ( <i>Chrysanthemum morifolium</i> / chrysanthemum), Sang Ye ( <i>Morus alba</i> /white mulberry leaves) and Bo He ( <i>Mentha arvensis</i> /mint). It does not need boiling.	
<b>Dosage:</b>	6-12g	
<b>Gui Zhi</b>	<i>Cinnamomum cassia</i>	Cinnamon twigs
<b>Part used:</b>	bark	
<b>Meridians:</b>	heart, lungs, bladder	
<b>Taste:</b>	sweet	
<b>Usage:</b>	used in combination with Ma Huang ( <i>Ephedra sinical</i> /Ephedra) if the patient does not sweat; if they do, given with peeled Chi Shao ( <i>Paeonia veitchii</i> /red peony root). Used in combination with Qiang Huo ( <i>Notopterygium incisum</i> ) to relieve pain in joints, especially arthritis. Used with Dang Gui ( <i>Angelica sinensis</i> /Chinese angelica) or Chuan Xiong ( <i>Ligustrum wallichii</i> /Szechuan lovage root) to treat period pains and menstrual irregularity.	
<b>Dosage:</b>	3-9g (slightly more if used for arthritis)	
<b>Note:</b>	Avoid during pregnancy	
<b>Huang Qi</b>	<i>Astragalus membranaceus</i>	Milk vetch
<b>Part used:</b>	root, sliced, either raw or stir-fried in honey	
<b>Meridians:</b>	lungs, spleen	
<b>Taste:</b>	sweet	
<b>Usage:</b>	given as a tonic to patients recovering from illness or feeling tired and weak. Can be used in conjunction with ginseng. This is one of most commonly prescribed herbs in Chinese medicine, and symptoms which would point to its use include loss of appetite, coldness, shortness of breath and a tendency to sweat a lot.	
<b>Dosage:</b>	9-30g	

<b>Huang Qin</b>	<i>Scutellaria baicalensis</i>	Baical skullcap root
<b>Part used:</b>	root, raw or stir-fried in rice wine	
<b>Meridians:</b>	gall bladder, small intestine, lungs, large intestine, spleen	
<b>Taste:</b>	bitter	
<b>Usage:</b>	for throat pain used with Lian Qiao, ( <i>Forsythia suspensa</i> /forsythia fruit) and Jin Yin Hua ( <i>Lonicera japonica</i> /honeysuckle flower). For relieving high blood pressure used with Ju Hua ( <i>Chrysanthemum morifolium</i> /chrysanthemum) and Gou Teng ( <i>Nauclea rhynchophylla</i> ).	
<b>Dosage:</b>	3-10g	
<b>Jing Jie</b>	<i>Schizonepeta tenuifolia</i>	
<b>Part used:</b>	seeds	
<b>Meridians:</b>	none specific	
<b>Taste:</b>	tangy	
<b>Usage:</b>	to stop swellings and as an excellent painkiller. Used more than any other herb for the treatment of arthritis. Fried until very dark in colour it is used to stop bleeding, especially from haemorrhoids.	
<b>Dosage:</b>	3-9g	
<b>Ma Huang</b>	<i>Ephedra sinica</i>	Ephedra
<b>Part used:</b>	stalk	
<b>Meridians:</b>	bladder, lungs	
<b>Taste:</b>	tangy	
<b>Usage:</b>	used in combination with Gui Zhi ( <i>Cinnamomum cassia</i> /cinnamon) to aid sweating. Stir-fried in honey and apricot kernels, restores the function of the lungs and suppresses asthma, especially with coughing. Used with Sheng Jiang ( <i>Zingiber officinale</i> /fresh ginger rhizome (root) and Bai Zhu ( <i>Atractylodes macrocephala</i> ) to reduce swelling.	
<b>Dosage:</b>	3-9g	
<b>Note:</b>	not suitable for patients who suffer from insomnia or high blood pressure. Not to be used by patients who are already sweating.	
<b>Mai Men Dong</b>	<i>Ophiopogon japonicus</i>	'Lush winter wheat'
<b>Part used:</b>	root nodules, used raw and pressed flat	
<b>Meridians:</b>	stomach, lungs, heart	
<b>Taste:</b>	bitter	
<b>Usage:</b>	to restore yin. Used with Ban Xia ( <i>Pinellia temata</i> /'Half summer') and liquorice for coughs and dry throat. Used with Sheng Di Huang ( <i>Rehmania glutinosa</i> /Chinese foxglove root), Xuan Shen ( <i>Scrophularia Ningpoensis</i> /Ningpo figwort root), Huang Lian ( <i>Coptis chinensis</i> /golden thread) and Dan Shen ( <i>Salvia miltiorrhiza</i> /'Scarlet root') for insomnia.	
<b>Dosage:</b>	6-12g	
<b>Mu Dan Pi</b>	<i>Paeonia suffruticosa</i>	Tree peony

**Part used:** bark  
**Meridians:** kidneys, liver, heart  
**Taste:** bitter  
**Usage:** to lower high blood pressure, used with Ju Hua (*Chrysanthemum morifolium*/chrysanthemum) and Jin Yin Hua (*Lonicera japonica*/honeysuckle flower). For menstrual disorders, used with Chai Hu (*Bupleurum chinense*/thorowax) and Dan Gui (*Angelica sinensis*/Chinese angelica). To stop bleeding in internal wounds, dry-fried until dark and given with Hong Hua (*Carthamus tinctorius*/safflower). For period pain, raw slices given with Gui Zhi (*Cinnamomum cassia*/cinnamon) and Hu Tao Ren (*Juglans regia*/walnut). To stimulate the production of blood and to disperse bruises, used fried in rice wine with cinnamon and walnuts.  
**Dosage:** 6-12g  
**Note:** not suitable for use during pregnancy

**Qing Hao** *Artemisia annua*, *A. apiacea* Wormwood  
**Part used:** leaves  
**Meridians:** liver, gall bladder  
**Taste:** bitter, but with a very pleasant smell  
**Usage:** for the treatment of burns and minor skin disorders, fresh leaves are crushed and applied externally. For the treatment of malaria, used with Huang Qin (*Scutellaria baicalensis*/Baical skullcap root). Ban Xia (*Pinellia ternata*) and Maronta arundinacea (arrowroot).  
**Dosage:** 20-40g for malaria, 6-15g for skin applications  
**Note:** this herb responds best to rapid, short boiling

**San Qi** *Panax notoginseng* Pseudoginseng root  
**Part used:** whole plant (it is similar to ginseng)  
**Meridians:** kidneys, liver  
**Taste:** bitter  
**Usage:** to disperse bruises, relieve swellings and stop haemorrhaging, and for general relief of pain.  
**Dosage:** for wounds and pain 1-1.5g powder three times a day; for cardiac arrest 1.5g twice a day in equal proportions with ginseng

**Shan Zhu Yu** *Cornus officinalis* Cornelian Asiatic cherry  
**Part used:** flesh of fruit  
**Meridians:** liver, kidneys  
**Taste:** bitter-sour  
**Usage:** used in the treatment of abnormally heavy menstruation. Used with ginseng to treat heavy sweating accompanied by exhaustion.

**Dosage:** 4.5-9g

**Shi Chang Pu**

*Acorius gramineus*

Sweetflag

**Part used:** root

**Meridians:** heart, spleen, stomach

**Taste:** tangy

**Usage:** for excess tan (mucus). Used with Zhi Zi (*Gardenia jasminoides*/Cape jasmine), young bamboo leaves and extracted ginger juice for treating delirium. To treat tinnitus and amnesia, given with Fu Ling (*Poria cocos*/hoelen) and Yuan Zhi (*Polygala tenuifolia*/root of Chinese Senega). For loss of appetite, given with Huo Xiang (*Agastache rugosa*/Patchouli), Huo Po (*Magnolia officinalis*/magnolia) and Chen Pi (*Citrus reticulata*/tangerine peel).

**Dosage:** 3-9g

**Shu Di Huang**

*Rehmania glutinosa*

Root of Chinese foxglove  
cooked in wine

**Part used:** root (oven dried or fresh)

**Meridians:** liver, kidneys, heart

**Taste:** sweet

**Usage:** a) to relieve cold in the blood. Used with Xuan Shen (*Scrophularia ningpoensis*/Ningpo figwort) to reduce high body temperature, dry mouth and red tongue. Given with He Ye (*Nelumbo necifera*/lotus leaves) and Qian Cao Gen (*Rubia cordifolia*/madder root) for blood in vomit or urine. Used with Mu Dan Pi (*Paeonia suffruticosa*/cortex of tree peony root) for macula or dark spots on the skin. To treat thirst associated with diabetes, used with Bi Xie Xu Duan (*Dioscorea batatas*/Chinese yam) and Di Gu Pi (*Lycium chinense*/Chinese wolfberry).  
b) Used dried, then fried in rice wine until dark, for restoration of the blood, weakness of the knees, menstrual disorders and tinnitus.

**Dosage:** a) 9-30g (double if fresh), b) 9-15g

**Tian Ma**

*Gastrodia elata*

Gastrodia rhizome

**Part used:** tuber

**Meridian:** liver

**Taste:** sweet

**Usage:** to clear collateral channels and to relieve rheumatic pain, given with Jin Yin Hua (*Lonicera japonica*/honeysuckle flower) and Huai Niu Xi (*Achyranthes bidentata*/'Ox knee'). Given with Ban Xia (*Pinellia ternata*/'Half summer') and Bai Zhu (*Atractylodes macrocephala*) in the treatment of migraine, eye

	disorders and dizziness. Excellent for women suffering headaches, especially after childbirth.	
<b>Dosage:</b>	3-9g boiled in water, 1-1.5g as a powder	
<b>Tian Men Dong</b>	<i>Asparagus cochinchinensis</i>	Tuber of Chinese asparagus
<b>Part used:</b>	root, raw and sliced	
<b>Meridians:</b>	lungs, kidneys	
<b>Taste:</b>	bitter-sweet	
<b>Purpose:</b>	to restore deficient yin. Dispels heat and strengthens the kidneys and lungs.	
<b>Usage:</b>	to treat a dry cough with little mucus, or coughing up of blood, use with Mai Men Dong ( <i>Ophiopogon japonicus</i> 'Lush winter wheat') and Bei Mu ( <i>Fritillaria verticillata</i> /fritillaria bulb). For use in the treatment of whooping cough with Mai Men Dong ( <i>Ophiopogon japonicus</i> 'Lush winter wheat') and Bai Bu ( <i>Stemona sessilifolia</i> /stemona root).	
<b>Dosage:</b>	6-12g	
<b>Tu Si Zi</b>	<i>Cuscuta chinensis</i>	Dodder seeds
<b>Part used:</b>	seeds, boiled and crushed, sometimes in cake form	
<b>Meridians:</b>	kidneys, lungs	
<b>Taste:</b>	sweet	
<b>Purpose:</b>	to treat deficient yang in the kidneys, which causes frequent urination. Also used to prevent miscarriages and to help restore the function of the kidneys and menstrual cycle	
<b>Dosage:</b>	6-12g	
<b>Wu Wei Zi</b>	<i>Schizandra chinensis</i> , <i>S. spenantha</i>	Schisandra fruit
	The Chinese name means 'the fruit which has five tastes'. It has two forms, northern ( <i>S. Chinensis</i> ) and southern ( <i>S. spenantha</i> ).	
<b>Part used:</b>	fruit, raw or steamed with vinegar or rice wine	
<b>Meridians:</b>	kidneys, heart, lungs	
<b>Taste:</b>	sour	
<b>Usage:</b>	for coughs caused by weakness of the lungs, sometimes in combination with ginseng. Use with Mai Men Dong ( <i>Ophiopogon japonicus</i> 'Lush winter wheat') to treat patients who sweat, have a dry mouth, tire easily and are depressed.	
<b>Dosage:</b>	1.5-6g	
<b>Xin Yi Hua</b>	<i>Magnolia liliflora</i>	Magnolia flower
<b>Part used:</b>	flower	
<b>Meridians:</b>	none specific	
<b>Taste:</b>	tangy	
<b>Usage:</b>	for the treatment of rhinitis and nasosinusitis. Clears running nose and headaches.	
<b>Dosage:</b>	1-3g	

<b>Yin Yang Huo</b>	<i>Epimedium brevicomum</i> , <i>E. grandiflorum</i> , <i>E. sagittatum</i>	'Licentious goat wort'
<b>Part used:</b>	the whole plant apart from the root	
<b>Meridians:</b>	liver, kidneys	
<b>Taste:</b>	sweet	
<b>Usage:</b>	used to treat high blood pressure in elderly women, impotence and paralysis of the lower limbs.	
<b>Dosage:</b>	3-9g	
<b>Yu Xing Cao</b>	<i>Houttuynia cordata</i>	'Fishy smelling herb'
<b>Part used:</b>	whole herb	
<b>Meridians:</b>	kidneys, lungs	
<b>Taste:</b>	sweet with a fishy odour, hence it is also known as the smelly fishy plant	
<b>Usage:</b>	the treatment of lung and kidney disorders.	
<b>Dosage:</b>	9-30g	
<b>Yuan Zhi</b>	<i>Polygala tenuifolia</i>	Root of Chinese senega
<b>Part used:</b>	root, chopped and treated with liquorice	
<b>Meridians:</b>	lungs, heart, kidneys	
<b>Taste:</b>	bitter	
<b>Usage:</b>	for treatment of irritability, insomnia and depression.	
<b>Dosage:</b>	3-9g	
<b>Zi Su Ye</b>	<i>Perilla frutescens</i>	Perilla leaf
<b>Part used:</b>	leaves	
<b>Meridians:</b>	spleen, lungs	
<b>Taste:</b>	sweet	
<b>Usage:</b>	to promote ch'i, to relieve pain and tightness in the abdomen, to cancel out the effects of food poisoning (especially when caused by seafood), to ease vomiting and diarrhoea.	
<b>Dosage:</b>	6-12g	

Also part of the herbalist's traditional repertoire will be such well-known herbs as ginseng, garlic and ginger. Ginseng (Panax ginseng) is the dried root of the Ren Shen plant which is grown mainly in Japan and Korea. Its main uses are to help strengthen weak bodies and to help patients recovering after illness. It is used extensively as a nutritive and restorative tonic and to treat impotence, neurasthenia, spermatorrhoea, anaemia, senility, uterine disorders and nephritis.

Ginger is the fresh root of *Zingiber officianale* (Gan Jiang) and is used mainly as a stomach restorative. It is used in the treatment of nausea and vomiting as well as diarrhoea, rheumatism, abdominal and spleen ache and sometimes for strider - obstructed breathing.

Garlic (*Allium sativum*) known as Xie Bai to the Chinese, is used to thin the blood. It is known to reduce blood cholesterol, prevent heart disease, aid digestion and to lower blood pressure.

The preferred form of the vitamins and amino acids are shown in Table

4. "Pepsin" refers to commercially available pepsin digest.



TABLE 4VITAMINS AND AMINO ACIDS

<b>Vitamins &amp; Amino Acids</b>	<b>Method</b>
L-Phenylalanine	Extraction
Vitamin C	Extraction
Vitamin E	Extraction
Vitamin ED	Extraction
Inositol	Trace Mineral
Selenium Methionine	Trace Mineral
Soya Isolate	Trace Mineral
Trace Mineral Clay	Trace Mineral
Lysine	Compound
Pepsin	Compound
Whey Protein	Compound
Zinc Amino Acid Chelate	Compound
Co-enzyme Q	
Superoxide Dismutase	
Vegetable enzymes	
Iron Gluconate	
Copper amino acid gluconate	
Calcium amino acid gluconate	
L-Threonine	
Chromium niacin	
Selenium methionine	
L-phenylalanine	

The invention will now be described by way of example.

The product formulae below show the dosage, for the disorders treatable by the composition, the amounts of the components used and therapies which may be used in combination with the compositions. Typically capsules contain between 200mg and 1g of composition per capsule.

The formulations may be taken neat or diluted with, for example 50% volume/volume cordial, fruit juice or lemonade.

The dosages may be separated into, for example, 3 equal doses taken after breakfast, lunch and an evening meal.

Skin care, massage and sports injury remedies may be applied topically directly onto the area to be "treated".

The Aloe vera, honey products, vitamins/amino acids, Indian brandee and blackcurrant concentrate are all commercially available products.

The Aloe vera products, heat lotion and propolis creme may be obtained from Forever Living Products (UK) Ltd, Longbridge Manor, Longbridge,

Warwick, Warwickshire, United Kingdom. Aloe vera "juice" comprises as main ingredients stabilised Aloe vera gel, sorbitol, lemon juice, vitamin E, sodium benzoate and papain. "Pure" Aloe vera comprises stabilised Aloe vera gel, sorbitol, citric acid, vitamin E, sodium benzoate and papain. Aloe vera "nectar" comprises raw Aloe vera gel, fructose, sorbitol, cranberry and apple juice concentrate, ascorbic acid, citric acid, potassium sorbate, sodium benzoate, xanthan gum, tocopherol and colourings.

Heat lotion comprises stabilized Aloe vera gel, DI water, propylene glycol, stearic acid, glyceryl stearate, triethanolamine, eucalyptus oil, methyl salicylate, apricot kernel oil, sesame oil, cetyl alcohol, petrolatum, lanolin, jojoba oil, oleic acid, stearyl stearate, dioctyl adipate, octyl stearate, octyl palmitate, PEG-100 stearate, allantoin, mineral oil, lanolin alcohol, ascorbic acid, diazolidinyl urea, methylparaben and propylparaben.

Propolis creme comprises stabilized Aloe vera gel, glyceryl stearate (and) PEG-1-00 stearate, propylene glycol, cetyl alcohol, dioctyl adipate (and) octyl stearate (and) octyl palmitate, lanolin, sorbitol, allantoin, bee propolis extract, lanolin alcohol, dimethicone, mineral oil, imodazolidinyl, urea, vitamins A & E, comfrey extract, chamomile extract, triethanolamine, ascorbic acid, methylparaben, propylparaben, fragrance.

Rescue remedy is a composition of five Bach flower remedies: Impatiens, Star of Bethlehem, Cherry Plum, Rock Rose and Clematis.

Except where indicated, the essential oils, Chinese herbs/Indian spices, honey products, vitamins/amino acids, Indian brandee and blackcurrant concentrate are mixed together in the amounts indicated with sufficient Aloe vera to make the final formulation up a final volume of 1,000 ml.

All components are from commercial sources. Vegetable enzymes are obtained as a commercially available product from "G and G Foods (UK)".

Initial results indicate that the specific essential oil and herb/spice combination of the invention provides effective compositions for medical and/or cosmetic use.

### PATIENT PILOT STUDY

From a database of 250 people, having been diagnosed by their own practitioner as having M.E./Chronic Fatigue Syndrome, 80 responded to the inventors for information requesting to take the particular formula.

The findings of this initial pilot study indicated:

- i) One third of the respondents diagnosed with M.E./Chronic Fatigue Syndrome did not have this condition. Most had Candida, depression or arthritis. A number suffered from a combination. Due to the similarity and overlap of many symptoms, without practitioners being able to measure the response by administering separate formula for each of these conditions, it is not possible for them to accurately disseminate between these four conditions.
- ii) When a patient has been accurately diagnosed and they take the respective formula, as shown in Table 5, correctly, a full recovery is apparent at the end of the 25 day ingestion period.
- iii) A pattern also became evident with about one third of patients making a partial recovery and in a few cases no realistic recovery. In all these cases it became apparent each respective formula of the inventors was being frustrated. After further discussion and analysis of the patient records a clear pattern emerged.

In the majority of cases these patients had been exposed to either one or a combination of the following traditional treatments:

#### Side Effects

- |                              |                     |
|------------------------------|---------------------|
| (a) X-rays/scans             | Medical irradiation |
| (b) Medical drugs            | Misfunction         |
| (c) Amalgam dental fillings  | Mercury poisoning   |
| (d) Organophosphate exposure | Nervous system      |

- iv) The inventors then developed an additional 'body cleanser/irrigator' formula (Table 6). After taking this 25 day formula the original formula still resting within these patients was then released to perform.
- v) Due to the alarming number of patients from referrals and potential patients suffering from the side effects of the above traditional treatments, the Foundation has successfully combined the 'irrigator' within each of its main formula. This prevents patients from having to take two formulae which doubles both the cost and time.

TABLE 5

Essential Oils		Herbs/Spices
Bergamot	1/4ml	<b>Herbs: 5:1</b> Bai Guo Ye - 2gm Ba Ji Tian - 2gm Chen Xiang - 2gm Da Huang - 2gm Huang Lian - 2gm Niu Bang Zi - 2gm Salix Alba - 2gm Zhi Zi - 2gm
Camphor	1/4ml	
Chamomile Roman	1/4ml	
Eucalyptus Globulus	1/4ml	
Ginger	1/4ml	
Juniper	1/4ml	
Melissa	1/4ml	
Peppermint	1/4ml	
Rose Geranium	1/4ml	
Rosemary	1/4ml	
Tea Tree	1/4ml	<b>Spices:</b> Cinnamon Sugar - 10gm Cloves 10gm Coriander - 10gm Garlic - 10g Juniper Berries - 10gm

Base Ingredients		Flavouring
<b><u>Honey Products</u></b> Royal Jelly - 20gm Bee Propolis - 20gm	<b><u>Aloe Vera/Amino Acids/ Vitamins</u></b> Aloe Vera: 2/3 litre	Honey -20ml Indian Brandee - 20ml Vanilla - 50gm
<b><u>Enzymes/Minerals</u></b> <b>Enzymes:</b> Vegetable Enzymes - 30gm	<b><u>Amino Acids:</u></b> Copper Amino Acid Chelate - 30gm Lythium Threonine - 30gm Superoxide Dismutase (S.O.D.) - 30gm Zinc Amino Acid Chelate - 5gm	
<b>Minerals:</b> Calcium - 10gm Garlic - 20gm Inositol - 25gm Iron - 10gm Mineral Clay Powders - 30gm	<b>Vitamins:</b> VIT C - 30gm VIT E D - Alpha Tocopherol - 10gm	

TABLE 6

Aloe Vera	Essential Oils	Chinese Herbs/Indian Spices
Nectar	Bergamot 1ml Chamomile German 1ml Chamomile Maroc 1ml Chamomile Roman 1ml Cinnamon Zeylanicum 1ml Clove Buds 1ml Eucalyptus Globulus 1ml Frankincense 1ml Fennel 1ml Hyssop 1ml Juniper 1ml Lemon Grass 1ml Mountain Savoury 1ml Niaouli 1ml Red Thyme 1ml Rosemary 1ml Rose Geranium 1ml Tagetes 1ml Ylang Ylang 1ml	<b>Chinese Herbs:</b> Acacia Catechu - 30gm Acanthopanax Gracillstylus - 30gm Caesalpinia Sappan - 30gm Epimedium Spinoso - 30gm  <b>Indian Spices:</b> Asapoetidia - 20gm Coconut Cream Block - 20gm Corlander - 20gm Fenugreek - 20gm Horseradish Ribbled - 20gm

Honey Products	Vitamins/Amino Acids	Other	Therapies
Royal Jelly - 4000gm Bee Propolis - 1ml	VIT C - 30gm VIT E D - Alpha Tocopherol - 30gm Inositol - 2500mg Pepsin - 30gm Selenium Methionine - 30gm Soya Isolate - 30gm Trace Mineral Clay - 30gm Whey Protein - 50gm Zinc Amino Acid Chelate - 30gm	Indian Brandee - 20ml Blackcurrant Concentrate - 20ml	Chinese Acupuncture - 2 sessions

## PRODUCT FORMULA BY AILMENT & ILLNESS

[illegible]



# PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula B			
- 2 capsules 3 times daily over 20 days			
• + Formula Z - CRB - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) • + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) • + Organophosphate Disease (OP's) • Pre-Menstrual Syndrome • Ulcers - External • Ulcers - Internal			
Abscess	Colitis	Crohn's Disease	Diverticulitis
Alcoholism	••Anorexia	••Bulimia	
Essential Oils		Herbs/Spices	Base Ingredients
Bergamot	1/4ml	Herbs: 5:1	Honey Products
Black Pepper	1/4ml	Bai Guo Ye (Ginkgo) - 2gm	Royal Jelly - 3:1 - 7gm
Camphor	1/4ml	Bai Zhu - 2gm	Bee Propolis - 4:1 - 5gm
Chamomile German	1/4ml	Chai Hu - 2gm	
Chamomile Maroc	1/4ml	Da Huang - 2gm	
Chamomile Roman	1/4ml	Dang Gui - 2gm (Dong Quai)	
Cinnamon Leaf	1/4ml	Dang Shen - 2gm	
Clove Buds	1/4ml	Er Cha - 2gm	
Eucalyptus Globulus	1/4ml	Grapeseed - 15mcg	
Fennel	1/4ml	Gu Ban - 2gm	
Frankincense	1/4ml	Jin Qian Cao - 2gm	
Hyssop	1/4ml	Jin Yin Hua - 2gm	
Juniper Berry	1/4ml	Lu Jiao Shuang - 2gm	
Lemon Grass	1/4ml	Mao Zhao Cao (Cats Claw) - 2gm	
Mountain Savoury	1/4ml	Pycnogenol - 10mcg	
Niaouli	1/4ml	Sa Lu Aba (White Willow) - 10gm 1:1	
Rose Geranium	1/4ml	Shu Di Huang - 2gm	
Rosemary	1/4ml	Su Mu - 2gm	
Sweet Marjoram	1/4ml	Wu Jia Pi - 2gm	
Tagetes	1/4ml	Yan Hu Suo - 2gm	
Thyme Red	1/4ml	Zhi Zi - 2gm	
Ylang Ylang	1/4ml		
		Spices:	
		Assafetida - 10gm	
		Cayenne Pepper - 10gm	
		Celery Salt - 10gm	
		Chili Powder - 10gm	
		Coconut Cream Block - 10gm	
		Coriander - 10gm	
		Dill Seeds - 10gm	
		Fenugreek - 10gm	
		Ginger - 10gm	
		Horseradish Root - 10gm	
		Mace Ground - 10gm	
		Mustard Seed Black - 10gm	
		Orris Root - 10gm	
Amino Acids/Vitamin		Flavouring	
Amino Acids:		Honey - 20ml	
Glutamine - 15gm		Indian Brandee - 20ml	
L-Threonine - 15gm		Vanilla - 50gm	
Pycnogenol - 10mcg			
Superoxide Dismutase (S.O.D.) - 15gm			
Vitamin			
VIT C - 15gm			
VIT E D - Alpha Tocopherol - 10gm			

## PRODUCT FORMULA BY AILMENT & ILLNESS

<b>Product Formula C1</b> <b>(Prevention) - 2 capsules x 3 times daily for 20 days</b> <b>** + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)</b> <b>**Pneumonia</b>			
<b>Cold Antidote</b> <b>Coughs/Bronchitis</b> <b>Influenza Antidote</b>		<b>Flavouring</b> <b>Honey - 20ml</b> <b>Indian Brandee - 20ml</b> <b>Vanilla - 50gm</b>	
<b>Essential Oils</b>		<b>Base Ingredients</b>	
<b>Herbs/Spices</b>		<b>Honey Products</b> <b>Royal Jelly - 3:1 - 7gm</b> <b>Bee Propolis - 4:1 - 5gm</b>  <b>Enzymes/Minerals</b> <b>Enzymes:</b> <b>Vegetable Enzymes - 15gm</b>  <b>Minerals:</b> <b>Calcium Amino Acid Chelate 20% - 10gm</b> <b>Su Mu - 2gm</b> <b>Wu Jia Pi - 2gm</b> <b>Xing Ren - 2gm</b>  <b>Spices:</b> <b>Asafoetida - 10gm</b> <b>Cassia - 10gm</b> <b>Chilli Powder - 10gm</b> <b>Coconut Cream Block - 10gm</b> <b>Coriander - 10gm</b> <b>Cream of Tartar - 10gm</b> <b>Fenugreek - 10gm</b> <b>Horse radish Ribbled - 10gm</b> <b>Juniper Berries - 10g</b> <b>Maca Ground - 10gm</b> <b>Onion - 10gm</b>	
Bergamot	1/6ml	Herbs: 5:1	
Chamomile German	1/6ml	Da Huang - 2gm	
Chamomile Maroc	1/6ml	Echinacea Angustifolia - 10gm (1:1)	
Chamomile Roman	1/6ml	Er Cha - 2gm	
Cinnamon Leaf	1/6ml	Huang Lian - 2gm	
Clove Buds	1/6ml	Jin Yin Hua - 2gm	
Eucalyptus Globulus	1/6ml	Jie Gang - 2gm	
Fennel	1/6ml	Lian Zi (Red) - 2gm	
Frankincense	1/6ml	Long Yan Rou - 2gm	
Hyssop	1/6ml	Niu Bang Zi - 2gm	
Juniper	1/6ml	Sang Ye - 2gm	
Lemon Grass	1/6ml	Su Mu - 2gm	
Mountain Savoury	1/6ml	Wu Jia Pi - 2gm	
Myrtle Red	1/6ml	Xing Ren - 2gm	
Niaouli	1/6ml	Spices:	
Palchouli	1/6ml	Asafoetida - 10gm	
Pine	1/6ml	Cassia - 10gm	
Rose Geranium	1/6ml	Chilli Powder - 10gm	
Rosemary	1/6ml	Coconut Cream Block - 10gm	
Spanish Marjoram	1/6ml	Coriander - 10gm	
Sweet Thyme	1/6ml	Cream of Tartar - 10gm	
Tagetes	1/6ml	Fenugreek - 10gm	
Thyme Red	1/6ml	Horse radish Ribbled - 10gm	
Ylang Ylang	1/6ml	Juniper Berries - 10g	
		Maca Ground - 10gm	
		Onion - 10gm	

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula C2</b>		<b>(Cure) - Phial (single 50ml dose)</b>			
		* + Formula Z - CRC2 - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) ** + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) ***Pneumonia			
<b>Cold Antidote</b>		*Influenza Antidote Coughs/Bronchitis			
<b>Essential Oils</b>		<b>Herbs/Spices</b>	<b>Base Ingredients</b>		<b>Flavouring</b>
Camphor	1/6ml	<b>Herbs: 5:1</b>	<b>Honey Products</b>	<b>Vitamins/Amino Acids</b>	Honey - 20ml
Chamomile Roman	1/6ml	Cha Qian Cao - 2gm	Royal Jelly - 10gm	VIT C - 15gm	Indian Brandee - 20ml
Eucalyptus Globulus	1/6ml	Dan Shen - 2gm	Bee Propolis - 10gm	Inositol - 10gm	Vanilla - 50gm
Grand Fir	1/6ml	Echinacea Angustifolia - 10gm		Lysine (Amino Acid) - 10gm	
Juniper	1/6ml	Huang Lian - 2gm			
Melissa	1/6ml	Jie Gang - 2gm			
Patchouli	1/6ml	Jin Yin Hua - 2gm			
Tagetes	1/6ml	Lian Zi (Red) - 2gm			
		Long Yan Rou - 2gm			
		Niu Bang Zi - 2 gm			
		Sang Ye - 2gm			
		Xing Ren - 2gm			
		<b>Spices:</b>			
		Allepice - 10gm			
		Cinnamon Sugar - 10gm			

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula D</b>				
<b>- 2 capsules 3 times daily over 20 days</b> ** Followed by Formula F - Clarissa Balancing System - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) *Psychopathical Social Violence Stress *Clinical Depression (inherited) *Insomnia *Lifestyle Depression *Post Natal Depression *Mental Breakdown				
Essential Oils	Herbs/Spices	Honey Products	Base Ingredients	Flavouring
Basil Bergamot Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fennel Frankincense Grapefruit Hyssop Juniper Lemon Grass Melissa Mountain Savoury Niaouli Rose Geranium Rosemary Sweet Marjoram Tagetes Thyme Red Ylang Ylang	Herbs: 5:1 Bai Dou Kou - 2gm Bai Guo Ye (Ginkgo) - 2gm Bai He - 2gm Da Huang - 2gm Dang Shen - 2gm Du Zhong - 2gm Er Cha - 2gm Grapeseed - 15mcg Gui Ban - 2gm Pycnogenol - 10mcg Su Mu - 2gm Tian Ma - 2gm (Not UK) Wu Jia Pi - 2gm Yin Yang Huo - 2gm Spices: Aniseed - 10gm Asafoetida - 10gm Chilli - 10gm Coconut Cream Block - 10gm Coconut Ground - 10gm Coriander - 10gm Fenugreek - 10gm Horseradish Ribbled - 10gm Mace Ground - 10gm Mixed Spices Sweet - 10gm	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm Enzymes/Minerals Enzymes: Vegetable Enzymes - 15gm Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm	Aloe Vera/Amino Acids/Vitamins Aloe Vera: Over 70 nutrients - ¾ litre Amino Acids: L-Threonine - 15gm Phosphatidyl Cholin - 10gm Superoxide Dismutase (S.O.D.) - 15gm Vitamins: VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm



**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula F - CBA</b>				
2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)				
Clarissa Carer - Personal Balancing System				
Clarissa Balancing System				
- Lack of Self Confidence				
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Agarimon - 1ml Crab Apple - 1ml Sweet Chestnut - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus Fennel Hyssop Juniper Niaouli	Herbs: 5:1 Bai Dou Kou - 2gm Da Huang - 2gm Ji Xue Teng - 2gm  Spices: Cassia Bark - 10gm	Aloe Vera Pure - 20ml Honey 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

<b>Product Formula F - CBB</b>				
2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)				
Clarissa Carer - Personal Balancing System				
Clarissa Balancing System				
- Love and Contentment				
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Aspen - 1ml Chicory - 1ml Gorse - 1ml Mimulus - 1ml Vervain - 1ml Wild Rose - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus Fennel Hyssop Juniper Niaouli	Herbs: 8:1 Da Huang - 2gm Gou Teng - 2gm  Spices: Allspice Ground - 10gm Dill Seeds - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula F - CBC</b>				
<b>2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)</b>				
<b>Clarissa Balancing System</b>				
<b>Clarissa Carer - Personal Balancing System</b>				
<b>- Fear of Achievement</b>				
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Beech - 1ml Clematis - 1ml Hornbeam - 1ml Larch - 1ml Mustard - 1ml Vine - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus Fennel Hyssop Juniper Niaouli	Herbs: 5:1 Da Huang - 2gm Jin Ying Zi - 2gm Sang Ye - 2gm  Spices: Asafoetida - 10gm Cloves Ground - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

<b>Product Formula F - CBD</b>				
<b>2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)</b>				
<b>Clarissa Balancing System</b>				
<b>Clarissa Carer - Personal Balancing System</b>				
<b>- Anger &amp; Jealousy</b>				
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Centuary - 1ml Elm - 1ml Impatiens - 1ml Walnut - 1ml Wild Oat - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus Fennel Hyssop Juniper Niaouli	Herbs: 6:1 Da Huang - 2gm Ye Ju Jua - 2gm  Spices: Cardamom Seeds - 10gm Fenugreek Powder - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

**PRODUCT FORMULA BY AILMENT & ILLNESS**

Product Formula F - CBE					
2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)					
Clarissa Balancing System					
Clarissa Carer - Personal Balancing System					
- Hate & Regret					
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils	
Cerato - 1ml	Bergamot	Herbs: 5:1	Aloe Vera Pure - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	
Gentian - 1ml	Chamomile Roman	Da Huang - 2gm	Honey - 20ml		
Heather - 1ml	Eucalyptus Globulus	Fu Pen Zi - 2gm			
	Fennel	Spices:			
Oak - 1ml	Hyssop	Caraway Ground - 10gm			
Rock Water - 1ml	Juniper	Chilli Powder - 10gm			
	Niaouli				
Scleranthus - 1ml					
Product Formula F - CBF					
2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)					
Clarissa Balancing System					
Clarissa Carer - Personal Balancing System					
- Lack of Self Esteem					
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils	
Cherry Plum - 1ml	Bergamot	Herbs: 5:1	Aloe Vera Pure - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	
Holly - 1ml	Chamomile Roman	Che Quian Cao - 2gm	Honey 20ml		
Olive - 1ml	Eucalyptus Globulus	Da Huang - 2gm			
	Fennel	Su Mu - 2gm			
Red	Hyssop	Spices:			
Chestnut - 1ml	Juniper	Arrowroot Ground - 10gm			
	Niaouli	Cinnamon Ground - 10gm			
Rock Rose - 1ml					
White Chestnut - 1ml					



**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula F - CBG</b>				
<b>2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)</b>				
<b>Clarissa Balancing System</b>				
<b>Clarissa Carer - Personal Balancing System</b>				
<b>- Mental Strength &amp; Stamina</b>				
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Chestnut Bud - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus	Herbs: 5:1 Da Huang - 2gm Gou Teng - 2gm Hu Huang Lian - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml
Honeysuckle - 1ml	Fennel Hyssop Juniper Niaouli	Spices: Coriander Ground - 10gm Lao Powder - 10gm		
Pine - 1ml				
Star of Bethlehem - 1ml				
Water Violet - 1ml				
Willow - 1ml				
Rescue Remedy - 1ml				

<b>Product Formula F - CBH</b>				
<b>2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)</b>				
<b>Clarissa Balancing System</b>				
<b>Clarissa Carer - Personal Balancing System</b>				
<b>- Guilt &amp; Responsibility</b>				
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Aspen - 1ml Cherry Plum - 1ml Elm - 1ml Honeysuckle - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus Fennel Hyssop Juniper Niaouli	Herbs: 5:1 Bai Guo - 2gm Da Huang - 2gm Hu Po - 2gm  Spices: Cardamom - 10gm Fennel Powder - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

**PRODUCT FORMULA BY AILMENT & ILLNESS****Product Formula F - CBT** 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

Clarissa Balancing System

Clarissa Carer - Personal Balancing System  
- Abuse, Trauma & Shock

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Chicory - 1ml Gorse - 1ml Rescue Remedy - 1ml	Bergamot 1/6ml Chamomile Roman 1/6ml Eucalyptus Globulus 1/6ml Fennel 1/6ml Hyssop 1/6ml Juniper 1/6ml Niaouli 1/6ml	Herbs: 5:1 Chan Tui - 2gm Da Huang - 2gm Jin Ying Zi - 2gm  Spices: Carob - 10gm Dill - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

**Product Formula F - CBV** 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

Clarissa Balancing System

Clarissa Balancing System  
- Bereavement/Loss

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Centaury - 1ml Chicory - 1ml Hemlock - 1ml Rock Water - 1ml	Bergamot 1/6ml Chamomile Roman 1/6ml Eucalyptus Globulus 1/6ml Fennel 1/6ml Hyssop 1/6ml Juniper 1/6ml Niaouli 1/6ml	Herbs: 5:1 Ba Ji Tian - 2gm Da Huang - 2gm Xian He Cao - 2gm  Spices: Anise Star - 10gm Chilli - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula G</b>		<b>Phial (Single 50ml dose)</b>			
<b>Gastroenteritis Sickness</b>					
<b>Essential Oils</b>		<b>Herbs/Spices</b>		<b>Vitamins/Amino Acids</b>	<b>Flavouring</b>
Chamomile Maroc	1/6ml	Herbs: 5:1		VIT C - 15gm	Vanilla - 50gm
Hyssop	1/6ml	Bai Jiang Cao - 2gm		Inositol - 25gm	Honey - 10ml
Lavander	1/6ml	Bai Zhu - 2gm		Vegetable Enzymes - 15gm	Indian Brandee - 10ml
Niaouli	1/6ml	Da Huang - 2gm			
		Shen Jin Cao - 2gm			
		Spices:			
		Carob - 10gm			
		Coconut Powder - 10gm			
		Fenugreek - 10gm			

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula H</b>		<b>Phial (Single 50ml dose)</b>			
<b>Headache Migraine</b>		<b>Essential Oils</b>	<b>Herbs/Spices</b>	<b>Vitamins/Amino Acids</b>	<b>Flavouring</b>
Basil	1/8ml	Herbs: 5:1		VIT C - 15gm	
Bergamot	1/8ml	Da Huang - 2gm		Inositol - 25gm	
Camphor	1/8ml	Salix Alba (White Willow) - 10gm		Vegetable Enzymes - 15gm	
Chamomile Roman	1/8ml	1:1			
Dill	1/8ml	Su Mu - 2gm			
Eucalyptus Globulus	1/8ml	Yan Hu Suo - 2gm			
Fennel	1/8ml	Yang Rong Wan - 2gm (Patent)			
Ginger	1/8ml	Spices:			
Hyssop	1/8ml	Caraway Ground - 10gm			
Juniper	1/8ml	Fennel - 10gm			
Niaouli	1/8ml				
Patchouli	1/8ml				

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula I</b>				
<b>- 2 capsules 3 times daily over 20 days</b>				
<b>Infertility</b>				
<b>Essential Oils</b>		<b>Herbs/Spices</b>	<b>Base Ingredients</b>	<b>Flavouring</b>
Basil 1/8ml	Herbs: 5:1 1/8ml	Da Huang - 2gm 1/8ml	<b>Honey Products</b> 1/8ml	Honey - 20ml
Bergamot 1/8ml	Er Cha - 2gm 1/8ml	Huai Jiao Zi - 2gm 1/8ml	Royal Jelly - 3:1 - 7gm 1/8ml	Indian Brandee - 20ml
Chamomile German 1/8ml	Lian Zi (Red) - 2gm 1/8ml	Lu Jiao Shuang - 2gm 1/8ml	Bee Propolis - 4:1 - 5gm 1/8ml	Vanilla - 50gm
Chamomile Roman 1/8ml	Su Mu - 2gm 1/8ml	Wu Jia Pi - 2gm 1/8ml	<b>Enzymes/Minerals</b> 1/8ml	
Cinnamon Leaf 1/8ml			<b>Enzymes:</b> 1/8ml	
Clove Buds 1/8ml			Vegetable Enzymes - 15gm 1/8ml	
Eucalyptus Globulus 1/8ml			<b>Amino Acids:</b> 1/8ml	
Fatigue 1/8ml			L-Threonine - 15gm 1/8ml	
Fennel 1/8ml			Superoxide Dismutase (S.O.D.) - 15gm 1/8ml	
Frankincense 1/8ml			<b>Minerals:</b> 1/8ml	
Hyssop 1/8ml			Calcium Amino Acid Chelate 20% - 10gm 1/8ml	
Juniper 1/8ml			<b>Vitamins:</b> 1/8ml	
Lavender 1/8ml			VIT C - 15gm 1/8ml	
Lemon Grass 1/8ml			VIT E D - Alpha Tocopherol - 10gm 1/8ml	
Mountain Savoury 1/8ml			<b>Spices:</b> 1/8ml	
Niaouli 1/8ml			Asafoetida - 10gm 1/8ml	
Patchouli 1/8ml			Carob - 10gm 1/8ml	
Rose Geranium 1/8ml			Chilli Powder - 10gm 1/8ml	
Rosemary 1/8ml			Cinnamon Sugar 10gm 1/8ml	
Tagetes 1/8ml			Coconut Cream Block - 10gm 1/8ml	
Thyme Red 1/8ml			Coriander - 10gm 1/8ml	
Ylang Ylang 1/8ml			Fenugreek - 10gm 1/8ml	
			Ginger - 10gm 1/8ml	
			Horse radish Root - 10gm 1/8ml	
			Juniper Berries - 10gm 1/8ml	
			Mace Ground - 10gm 1/8ml	

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula J</b> - 2 capsules 3 times daily over 20 days * + Formula Z - CRJ - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) ** + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) *Leukaemia *Senile Dementia *Herpes *Parkinson's Disease Shingles Kidney Performance Psoriasis Labyrinthitis			
<b>Essential Oils</b>	<b>Herbs/Spices</b>	<b>Base Ingredients</b>	<b>Flavouring</b>
<b>**Acne</b> <b>**Aids</b> <b>*Alzheimers Disease</b>  Athletes Foot Batten's Disease Cancer Dermatitis Eczema Hair & Scalp Conditions	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Ba Ji Tian - 2gm Da Huang - 2gm Dang Shen - 2gm Er Cha - 2gm Grapeseed - 15mcg Pycnogenol - 10mcg Salix Alba (White Willow) - 10gm 1:1 Shu Di Huang - 2gm Su Mu - 2gm Wu Jia Pi - 2gm Wu Yao - 2gm Zhen Zhu Mu - 2gm  Spices: Allspice - 10gm Asafoetida - 10gm Cayenne Pepper - 10gm Chilli Powder - 10gm Coriander - 10gm Dill Seeds - 10gm Fenugreek - 10gm Horseradish Ribbled - 10gm Mace Ground - 10gm Slippery Elm - 10gm	<b>Honey Products</b> Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm  <b>Enzymes/Minerals</b> <b>Enzymes:</b> Vegetable Enzymes - 15gm  <b>Minerals:</b> Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm  <b>Amino Acids:</b> Copper Amino Acid Chelate - 15gm Glutamine - 15gm L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm  <b>Vitamins:</b> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

**PRODUCT FORMULA BY AILMENT & ILLNESS**

Product Formula K				
- 2 capsules 3 times daily over 20 days				
Cerebral Palsy		Epilepsy	Mumps	
Chicken Pox		Measles	Scarlet Fever	
Essential Oils		Herbs/Spices	Base Ingredients	
		Herbs: 5:1	<b>Honey Products</b>	<b>Aloe Vera/Amino Acids/Vitamins</b>
Basil	1/6ml	Chi Shao Yao - 2gm	Royal Jelly - 3:1 - 7gm	<b>Aloe Vera:</b>
Bergamot	1/6ml	Da Huang - 2gm	Bee Propolis - 4:1 - 5gm	Over 70 nutrients - ¾ litre
Carrot	1/6ml	Er Cha - 2gm		
Chamomile German	1/6ml	Guo Teng - 2gm	<b>Enzymes/Minerals</b>	<b>Amino Acids:</b>
Chamomile Maroc	1/6ml	Huang Lian - 2gm		L-Threonine - 15gm
Chamomile Roman	1/6ml	Mao Zhao Cao (Cats Claw) - 2gm	<b>Enzymes:</b>	Superoxide Dismutase (S.O.D.) - 15gm
Cinnamon Leaf	1/6ml	Mu Tong - 2gm	Vegetable Enzymes - 15gm	
Clove Buds	1/6ml	Niu Bang Zi - 2gm		
Eucalyptus Globulus	1/6ml	Su Mu - 2gm	<b>Minerals:</b>	<b>Vitamins:</b>
Fennel	1/6ml	Wu Jia Pi - 2gm	Calcium Amino Acid Chelate 20% - 10gm	VIT C - 15gm
Frankincense	1/6ml		Copper Amino Acid Chelate 20% - 15gm	VIT E D - Alpha Tocopherol - 10gm
Hyssop	1/6ml	<b>Spices:</b>		
Juniper	1/6ml	Asafoetida - 10gm		
Lemon Grass	1/6ml	Chilli Powder - 10gm		
Mountain Savoury	1/6ml	Coconut Cream Block - 10gm		
Niaouli	1/6ml	Coconut Ground - 10gm		
Rose Geranium	1/6ml	Coriander - 10gm		
Rosemary	1/6ml	Dutch Caraway - 10gm		
Tagetes	1/6ml	Fenugreek - 10gm		
Thyme Red	1/6ml	Horseradish - 10g		
Ylang Ylang	1/6ml	Mace Ground - 10gm		
		Mixed Spices Sweet - 10gm		
				<b>Flavouring</b>
				Honey - 20ml
				Indian Brandee - 20ml
				Vanilla - 50gm





**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula M</b>			
<b>- 2 capsules 3 times daily over 20 days</b> <b>* + Formula Z - CRM - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)</b>			
<b>*Anaemia</b> <b>Glandular Fever</b> <b>Lypus</b>	<b>*ME</b> <b>*Motor Neurone Disease</b> <b>M.R.S.A.virus</b>		
	<b>*MS</b> <b>*Muscular Dystrophy</b> <b>*Thyroid Gland (over and under active)</b>		
Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Bergamot Camphor Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fennel Frankincense Ginger Hyssop Juniper Lemon Grass Melissa Mountain Savoury Niaouli Peppermint Rose Geranium Rosemary Tagetes Tea Tree Thyme Red Ylang Ylang	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Ba Ji Tian - 2gm Chen Xiang - 2gm Da Huang - 2gm Er Cha - 2gm Grapeseed - 16mcg Huang Lian - 2gm Mao Zhao Cao (Cats Claw) - 2gm Niu Bang Zi - 2gm Pycnogenol - 10mcg Salix Alba (White Willow) - 10gm 1:1 Su Mu - 2gm Wu Jia Pi - 2gm Zhi Zi - 2gm  Spices: Asafoetida - 10gm Chilli Powder - 10gm Cinnamon Sugar - 10gm Cloves 10gm Coconut Cream Block - 10gm Coriander - 10gm Fenugreek - 10gm Garlic - 10g Horseradish Ribbled - 10gm Juniper Berries - 10gm Mace Ground - 10gm	<b>Honey Products</b> Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm  <b>Enzymes/Minerals</b> <b>Enzymes:</b> Vegetable Enzymes - 15gm  <b>Minerals:</b> Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm  <b>Amino Acids/ Vitamins</b> <b>Aloe Vera:</b> Over 70 nutrients - ¾ litre  <b>Amino Acids:</b> L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm  <b>Vitamin:</b> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

# PRODUCT FORMULA BY AILMENT & ILLNESS

## NUTRITIONAL AND BODY CLEANSING DRINK SUPPLEMENT

- 10ml daily preferably at bedtime - 90 days supply

### Product Formula N

#### Immune System

Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Basil Bergamot Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fennel Frankincense Hyssop Juniper Lemon Grass Mountain Savoury Niaouli Rose Geranium Rosemary Tagetes Thyme Red Ylang Ylang	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 1gm Bai Zhi - 1gm Ban Xia - 1gm Boswellia Serrata - 5gm 1:1 Chal Hu - 1gm Da Huang - 1gm Dang Gui (Dong Quai) - 1 gm Dang Shen - 1gm Er Cha - 1gm Chamaecristum Lurea (False Unicorn) - 1gm Gou Qi Zi (Lycium) - 1gm Grapeseed - 15mcg Lu Jiao Shuang - 1gm Man Jing Zi - 1gm Mao Zhao Cao (Cats Claw) - 1gm Mexican Yarn Root - 5gm 1:1 Pycnogenol - 10mcg Rou Cong Rong - 1gm Salix Alba (White Willow) - 5gm 1:1 Shan Zha - 1gm Sheng Ma - 1gm Su Mu - 1gm Wu Jia Pi - 1gm Yi Mu Cao - 1gm Yohimbe (prescription only) - 1gm Spices: Allspice - 5gm Aniseed - 5gm Caraway Ground - 5gm Chili Powder - 5gm Coconut Cream Block - 5gm Coriander - 5gm Cream of Tartar - 5gm Fenugreek - 5gm Horseradish Ribbed - 5gm Mace Ground - 5gm	<b>Honey Products</b> Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm  <b>Enzymes:</b> Co Enzyme Q10 - 10mcg Vegetable Enzymes 4:1 - 7.5gm  <b>Minerals:</b> Calcium Amino Acid Chelate 20% - 5gm Chromium Niacin - 10mcg Copper Amino Acid Chelate 20% - 7.5gm Devil's Claw - 7.5gm Inositol 12.5gm Iron Gluconate 12.5% - 5gm Magnesium Amino Acid Chelate - 10gm Manganese Gluconate - 10gm Mineral Clay Powders - 7.5gm Molybdenum - 7.5gm Selenium Methionine 5% - 5gm Superoxide Dismutase (S.O.D.) - 7.5gm Zinc Amino Acid Chelate 20% - 2.5gm  <b>Nutritional Oils &amp; Fats</b> Cod Liver Powder - 7.5gm Evening Primrose - 15ml Garlic Powder - 5gm Linoleic acid - 7.5gm Linolenic acid - 7.5gm Olive Oil - 15ml	<b>Alloe Vera:</b> Over 70 nutrients including all vitamins B1-B16 - ¼ litre  <b>Amino Acids:</b> Glucosamine (n-Acetyl-d) - 7.5gm Glutamine - 15gm Hesperidin Complex - 7.5gm Histidine - 7.5gm Isoleucine - 7.5gm L-Aspartic Acid - 7.5gm L-Phenylalanine - 7.5gm Lecithin - 7.5gm Lysine - 7.5gm L-Taurine - 7.5gm L-Threonine - 7.5gm Phosphatidyl Choline - 10gm  <b>Vitamins:</b> Betacarotene Dunaliella Salina Algae 2.5% - 7.5gm Biotin - 5mcg Folic Acid - 15gm VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm K1 5% - 1gm



**PRODUCT FORMULA BY AILMENT & ILLNESS**

Product Formula P				
- 2 capsules 3 times daily over 20 days				
Prostrate Gland				
Impotence				
Libido				
Essential Oils		Herbs/Spices		Base Ingredients
Basil Bergamot Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fatigue Fennel Frankincense Hyssop Juniper Lavender Lemon Grass Mountain Savoury Niaouli Rose Geranium Rosemary Tagetes Thyme Red Ylang Ylang		Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Da Huang - 2gm Dang Gui (Dong Quai) - 2gm Er Cha - 2gm Grapeseed - 15mcg Huang Qi - 2gm Jiang Can - 2gm Lian Zi (Red) - 2gm Lu Jiao Shuang - 2gm Mai Ya - 2gm Mu Dan Pi 2gm Pycnogenol - 10mcg Shu Di Huang - 2gm Su Mu - 2gm Wu Jia Pi - 2gm Yohimbe (Prescription only) - 2gm  Spices: Allspice - 10gm Asafoetida - 10gm Celery Salt - 10gm Chilli Powder - 10gm Coconut Cream Block - 10gm Coriander - 10gm Dill Seeds - 10gm Fenugreek - 10gm Garlic - 10gm Horseradish Ribbled - 10gm Mace Ground - 10gm		Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm  Enzymes/Minerals Enzymes: Vegetable Enzymes - 15gm  Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm  Amino Acids: L- Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm  Vitamins: VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm
		Aloe Vera/Amino Acids/ Vitamins Aloe Vera: Over 70 nutrients - ¾ litre		Flavouring Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula Q</b>				
<b>- 2 capsules 3 times daily over 20 days</b>				
<b>Abrasions, Bruises, Burns, Cuts</b>		<b>Bunions</b>		
<b>Essential Oils</b>		<b>Herbs/Spices</b>	<b>Base Ingredients</b>	<b>Flavouring</b>
Aniseed	1/2ml	Herbs: 5:1	<b>Honey Products</b>	Honey - 20ml
Bergamot	1/2ml	Da Huang - 2gm	Royal Jelly - 3:1 - 7gm	Indian Brandee - 20ml
Camphor	1/2ml	Er Cha - 2gm	Bee Propolis - 4:1 - 5gm	Vanilla - 50gm
Chamomile German	1/2ml	Jin Yin Hua - 2gm		
Chamomile Maroc	1/2ml	Salix Alba (White Willow) - 10gm		
Chamomile Roman	1/2ml	1:1	<b>Amino Acids:</b>	
Cinnamon Leaf	1/2ml	Su Mu - 2gm	L-Threonine - 15gm	
Clove Buds	1/2ml	Wu Jia Pi - 2gm	Superoxide Dismutase (S.O.D.) - 15gm	
Eucalyptus Globulus	1/2ml			
Fennel	1/2ml	<b>Spices:</b>		
Frankincense	1/2ml	Asafoetida - 10gm	<b>Minerals:</b>	
Ginger	1/2ml	Chilli Powder - 10gm	Calcium Amino Acid Chelate 20% - 10gm	
Hyssop	1/2ml	Cinnamon - 10gm	VIT C - 15gm	
Juniper	1/2ml	Coconut Cream Block - 10gm	VIT E D - Alpha Tocopherol - 10gm	
Lemon Grass	1/2ml	Coriander - 10gm	Copper Amino Acid Chelate 20% - 15gm	
Mountain Savoury	1/2ml	Cream of Tartar - 10gm	Garlic - 5gm	
Niacin	1/2ml	Fennel - 10gm	Inositol 25gm	
Rose Geranium	1/2ml	Fenugreek - 10gm	Iron Gluconate 12.5% - 10gm	
Rosemary	1/2ml	Horseshoe Ribbed - 10gm	Mineral Clay Powders - 15gm	
Tagetes	1/2ml	Mace Ground - 10gm	Zinc Amino Acid Chelate 20% - 5gm	
Thyme Red	1/2ml			
Ylang Ylang	1/2ml			

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula R</b>			
- 2 capsules 3 times daily over 20 days + Formula Z - CRR - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)			
Arthritis - Osteo	Gout	Base Ingredients	Flavouring
Arthritis - Rheumatoid	Inflammation, Back Ache, Sprains	Osteoporosis Scurcodosis	Sciatica Varicose Veins
Essential Oils	Herbs/Spices	Honey Products	Aloe Vera/Amino Acids/ Vitamins
Bergamot 1/6ml Camphor 1/6ml Chamomile German 1/6ml Chamomile Maroc 1/6ml Chamomile Roman 1/6ml Cinnamon Leaf 1/6ml Clove Buds 1/6ml Eucalyptus Globulus 1/6ml Fatigue 1/6ml Fennel 1/6ml Frankincense 1/6ml Ginger 1/6ml Hyssop 1/6ml Juniper 1/6ml Lemon Grass 1/6ml Mountain Savoury 1/6ml Niaouli 1/6ml Red Myrtle 1/6ml Rose Geranium 1/6ml Rosemary 1/6ml Tagetes 1/6ml Thyme Red 1/6ml Ylang Ylang 1/6ml	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Bi Ji Tian - 2gm Boswellia Serreta - 1gm Chen Xiang - 2gm Da Huang - 2gm Dang Shen - 2gm Er Cha - 2gm Fu Ling - 2gm Grapeseed - 15mcg Jin Yin Hua - 2gm Mai Men Dong - 2gm Mao Zhao Cao (Cats Claw) - 2gm Pycnogenol - 10mcg Sailx Alba (White Willow) - 10gm 1:1 Su Mu - 2gm Wu Jia Pi - 2gm Xian He Cao - 2gm Yan Hu Suo - 2gm Zhi Mu - 2gm Spices: Asafoetida - 10gm Cardamom - 10gm Chilli Powder - 10gm Coconut Cream Block - 10gm Coriander - 10gm Dutch Caraway - 10gm Fenugreek - 10gm Horse radish Ribbled - 10gm Juniper Berries - 10gm Lao Powder - 10gm Mace Ground - 10gm Turnerle - 10gm	<b>Honey Products</b> Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm  <b>Enzymes/Minerals</b> <b>Enzymes:</b> Vegetable Enzymes - 15gm  <b>Minerals:</b> Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm  <b>Amino Acids:</b> L- Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm  <b>Vitamins:</b> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

# **PRODUCT FORMULA BY AILMENT & ILLNESS**

## **Product Formula S1**

### **SPORTS PERFORMANCE & INJURIES**

**- 2 capsules 3 times daily over 20 days**  
**→ Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)**

**\*\*Energy Booster**

**Internal Body Conditioner Stamina**

**Immune Balancing System**

Essential Oils	Herbs and Spices	Base Ingredients	Flavouring	Practitioners
Aniseed Basil Bergamot Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fatigue Fennel Frankincense Hyssop Juniper Lemon Grass Mountain Savoury Niaouli Rose Geranium Rosemary Tagetes Thyme Red Ylang Ylang	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Chi Shao Yao - 2gm Da Huang - 2gm Dang Gui (Dong Quai) - 2gm Er Cha - 2gm Fu Pen Zi - 2gm Gou Teng - 2gm Mao Zhao Cao (Cats Claw) - 2gm Mu Li - 2gm Su Mu - 2gm Wu Jia Pi - 2gm Spices: Asafoetida - 10gm Cassia - 10gm Chilli Powder - 10gm Coconut Cream Block - 10gm Coriander - 10gm Dill Seeds - 10gm Fenugreek - 10gm Horseradish Root - 10gm Juniper Berries - 10gm Lemon Grass - 10gm Mace Ground - 10gm Mixed Spices - 10gm	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm Enzymes/Minerals Enzymes: Vegetable Enzymes - 15gm Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm Aloe Vera/Amino Acids/ Vitamins Aloe Vera: Over 70 nutrients - ¾ litre Amino Acids: L- Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm Vitamins: VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm	Flower Remedy Chinese Acupuncture - 2 sessions Chiropractic - 2 sessions Alexander Technique

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula S2</b>					
<b>EXTERNAL PHYSIO APPLICATION - SPORTS PERFORMANCE &amp; INJURIES</b>					
<b>Pre Performance Lotion (per 10 applications)</b>					
Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Massage Oil	
Heat Lotion - 20gm	Aniseed Basil Chamomile Maroc Fennel	Herbs: 5:1 Chi Shao Yao - 2gm Qiang Huo - 2gm  Spices: Cardamom - 10gm Ginger - 10gm	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	

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<b>Product Formula S3</b>					
<b>EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE &amp; INJURIES</b>					
<b>+ Formula Z - CRS3 - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)</b>					
<b>Maintenance Recovery Massage (per 10 applications)</b>					
Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Massage Oil	Practitioners
Aloe Activator - 10ml Heat Lotion - 20gm	Aniseed Basil Camphor Chamomile Maroc Eucalyptus Globulus Juniper	Herbs: 5:1 Chi Shao Yao - 2gm Dang Gui (Dong Quai) - 2gm Salix Alba (White Willow) - 10gm 1:1 Qiang Huo - 2gm  Spices: Asafoetida - 10gm Fenugreek - 10gm	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	Aromatherapy/ Reflexology Application - 2 sessions



**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula S4</b>					
<b>EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE &amp; INJURIES</b>					
<b>Direct Internal &amp; Surface Injury (per 10 applications)</b>					
<b>Aloe Vera</b>	<b>Essential Oils</b>	<b>Herbs/Spices</b>	<b>Honey Products</b>	<b>Massage Oil</b>	<b>Practitioners</b>
Aloe Activator - 10ml Heat Lotion - 20gm	Aniseed Basil Camphor Eucalyptus Globulus Fennel	Herbs: 5:1 Ba Ji Tian - 2gm Dang Gui (Dong Quai) - 2gm Qiang Huo - 2gm Salix Alba (White Willow) - 10gm 1:1 Su Zi (Zi Su Zi) - 2gm  Spices: Ginger - 10gm Horseradish - 10gm	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	Aromatherapy/ Reflexology Application - 2 sessions Osteopathy - 2 sessions

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<b>Product Formula S5</b>					
<b>EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE &amp; INJURIES</b>					
<b>Cramp Fatigue Lotion (per 10 applications)</b>					
<b>Aloe Vera</b>	<b>Essential Oils</b>	<b>Herbs/Spices</b>	<b>Honey Products</b>	<b>Massage Oil</b>	<b>Practitioners</b>
Aloe Activator - 10ml Heat Lotion - 20gm	Camphor Rescue Remedy	Herbs: 5:1 Hu Po - 2gm Huang Lian - 2gm Salix Alba (White Willow) - 10gm 1:1 Qiang Huo - 2gm  Spices: Chilli - 10gm Lemon Grass - 10gm	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	Aromatherapy/ Reflexology Application - 2 sessions

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula S6</b>						
<b>EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE &amp; INJURIES</b>						
<b>Fatigue Fractures</b>						
<b>(per 10 applications)</b>						
<b>Aloe Vera</b>	<b>Essential Oils</b>		<b>Herbs/Spices</b>	<b>Honey Products</b>	<b>Vitamin/Amino Acids</b>	<b>Massage Oil</b>
Aloe Activator - 10ml Heat Lotion - 20gm	Aniseed Basil Camphor Eucalyptus Globulus Ginger	1/8ml 1/8ml 1/8ml 1/8ml 1/8ml	Herbs: 5:1 Dang Gui (Dong Quai) - 2gm Qiang Huo - 2gm Salix Alba (White Willow) - 10gm 1:1 Spices: Allspice - 10gm Dill Seeds - 10gm	Bee Propolis - 4:1 - 5gm	B6 - 20gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml
						<b>Practitioners</b> Aromatherapy/ Reflexology Application - 2 sessions

## **PRODUCT FORMULA BY AILMENT & ILLNESS**

<u>Product Formula I</u>	<b>After crisis - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)</b> -- Followed by Formula F - Clarissa Balancing System <b>- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)</b>  <b>SINGLE DOSE</b>					
	<b>Abuse (short term)</b>		<b>Trauma/Shock (short term)</b>			
<b>Flower Remedies</b>	<b>Essential Oils</b>	<b>Herbs/Indian Spices</b>	<b>Base Ingredients</b>			
<b>Rescue Remedy - 1ml</b>	Dill 1/4ml	Herbs: 5:1 Bu Gu Zhi - 2gm Chen Xiang - 2gm Guo Teng - 2gm Wu Bei Zi - 2gm  Spices: Garlic - 10gm Lac - 10gm	Aloe Vera Pure - 20ml Honey - 20ml			

**PRODUCT FORMULA BY AILMENT & ILLNESS****- 2 capsules 3 times daily over 20 days****Product Formula U****Schizophrenia**

Essential Oils		Herbs/Spices	Base Ingredients		Flavouring
Basil	1/6ml	Herbs: 5:1	Honey Products	Aloe Vera/Amino Acids/ Vitamins	Honey - 20ml
Bergamot	1/6ml	Da Huang - 2gm	Royal Jelly - 3:1 - 7gm	Aloe Vera:	Indian Brandee - 20ml
Chamomile German	1/6ml	Er Cha - 2gm	Bee Propolis - 4:1 - 5gm	Over 70 nutrients - 1/4 litre	Vanilla - 50gm
Chamomile Maroc	1/6ml	Hu Huang Lian - 2gm			
Chamomile Roman	1/6ml	Huo Ma Ren - 2gm	Enzymes/Minerals	Amino Acids:	
Cinnamon Leaf	1/6ml	Su Mu - 2gm	Enzymes:	L-Threonine - 15gm	
Clove Buds	1/6ml	Wu Jia Pi - 2gm	Vegetable Enzymes - 15gm	Superoxide Dismutase (S.O.D.) - 15gm	
Eucalyptus Globulus	1/6ml	Ye Ju Hua - 2gm			
Fennel	1/6ml		Minerals:	Vitamins:	
Frankincense	1/6ml	Spices	Calcium Amino Acid Chelate 20% - 10gm	VIT C - 15gm	
Ginger	1/6ml	Allspice - 10gm	Copper Amino Acid Chelate 20% - 15gm	VIT E D - Alpha Tocopherol - 10gm	
Hyssop	1/6ml	Asafoetida - 10gm	Garlic - 5gm		
Juniper	1/6ml	Caraway Ground - 10gm	Inositol 25gm		
Lavender	1/6ml	Chilli Powder - 10gm	Iron Gluconate 12.5% - 10gm		
Lemon Grass	1/6ml	Coconut Cream Block - 10gm	Mineral Clay Powders - 15gm		
Mountain Savoury	1/6ml	Coriander - 10gm	Zinc Amino Acid Chelate 20% - 5gm		
Niacin	1/6ml	Dill Seeds - 10gm			
Rose Geranium	1/6ml	Fenugreek - 10gm			
Rosemary	1/6ml	Horse radish Root - 10gm			
Tagetes	1/6ml	Mace Ground - 10gm			
Thyme Red	1/6ml	Mustard Seed Yellow - 10gm			
Ylang Ylang	1/6ml	Orris Root - 10gm			

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula V</b>			
<b>- 2 capsules 3 times daily over 20 days</b> <b>** Followed by Formula F - Clarissa Balancing System</b> <b>- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)</b> <b>**Trauma/shock (long term)</b>			
<b>Essential Oils</b>	<b>Herbs/Spices</b>	<b>Base Ingredients</b>	<b>Flavouring</b>
<b>**Abuse (long term)</b> <b>**Bereavement/Loss</b>			
Bergamot Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fennel Frankincense Hyssop Juniper Lemon Grass Mountain Savoury Niaouli Patchouli Rose Geranium Rosemary Thyme Red Ylang Ylang	Herbs: 5:1 Chi Shao Yao - 2gm Da Huang - 2gm Er Cha - 2gm Qiang Huo - 2gm Su Mu - 2gm Ting Li Zi - 2gm Wu Jia Pi - 2gm Spices: Allspice - 10gm Asafoetida - 10gm Celery Salt - 10gm Chilli Powder - 10gm Coconut Cream Block - 10gm Coconut Ground - 10gm Coriander - 10gm Fenugreek - 10gm Horseradish Ribbled - 10gm Mace Ground - 10gm Mango Powder - 10gm	<b>Honey Products</b> Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm <b>Enzymes/Minerals</b> <b>Enzymes:</b> Vegetable Enzymes - 15gm <b>Minerals:</b> Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm <b>Amino Acids:</b> L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm <b>Vitamins:</b> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula W1</b>				
<b>WEIGHT MANAGEMENT</b>				
<b>Clarissa Weight Care System - 2 capsules daily at bedtime over 20 days</b>				
<b>Essential Oils</b>		<b>Herbs/Spices</b>	<b>Base Ingredients</b>	<b>Flavouring</b>
Bergamot	1/2ml	Herbs: 5:1 Guo Teng - 2gm Ji Xue Teng - 2gm	<b>Honey Products</b> Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm
		<b>Spices:</b> Carob - 10gm Dill Seeds - 10gm Juniper Berries - 10gm Mixed Spices Sweet - 10gm	<b>Aloe Vera/Amino Acids/Vitamins</b> <b>Aloe Vera:</b> Over 70 nutrients - ¼ litre  <b>Amino Acids:</b> L- Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm  <b>Enzymes/Minerals</b> <b>Enzymes:</b> Vegetable Enzymes - 15gm  <b>Minerals:</b> Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm  <b>Vitamins:</b> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	

**PRODUCT FORMULA BY AIMLIENT & ILLNESS**

<b>WEIGHT MANAGEMENT</b>				
<b>Product Formula W2</b>				
<b>Clarissa Meal Replacement Diet Juice - 50ml per Meal Replacement over 20 days</b>				
Essential Oils	Herbs/Spices	Base Ingredients		Flavouring
Bergamot	<p>Herbs: 5:1 Gao Ben - 2gm Sang Ye - 2gm</p> <p>Spices: Dill Seeds - 10gm Fennel - 10gm Mixed Spices Sweet - 10gm Mushroom - 10gm</p>	<p><b>Honey Products</b> Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm</p> <p><b>Enzymes/Minerals</b> <b>Enzymes:</b> Vegetable Enzymes - 15gm Soya Isolate - 20gm Soya Protein Isolate - 50gm Whey Protein - 20gm</p> <p><b>Minerals:</b> Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm</p>	<p><b>Alloe Vera/Amino Acids/ Vitamins</b> <b>Alloe Vera:</b> Over 70 nutrients - ¾ litre</p> <p><b>Amino Acids:</b> L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm</p> <p><b>Vitamins:</b> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm</p>	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>WEIGHT MANAGEMENT</b>				
<b>Product Formula W3</b>				
Clarissa Chinese Slimming and Detoxifying Tea - 1 cup 3 times daily				
Stale Breath				
Essential Oils	Herbs/Spices	Flavouring	Other	
Bergamot	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Ban Xia 2gm Chen Tiu - 2gm Chi Shao Yao - 2gm Garcinia Cambogia - 10gm Gou Teng - 2gm Horsetail - 5gm (1:1) Lian Zi (Red) - 2gm Maté Leaf - 5gm (1:1) Mao Zhao Cao (Cats Claw) 5gm (1:1) Milk Thistle Seed - 5gm (1:1) Ou Jie - 2gm Spirulina - 5gm (1:1) Wang Bu Liu Xing Guo - 2gm Wu Jia Pi - 2gm Spices: Allspice - 10gm Cardamom - 10gm Cassia - 10gm Dill Seeds - 10gm Celery Salt - 10gm Garlic - 10gm Lemon Grass - 10gm Mixed Spices Sweet - 10gm Tamarind Block - 10gm	Lemon - 20gm	Citrin - 5gm	



**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula W4</b>				
<b>Anti-Cellulite Formula</b>				
<b>- 2 capsules 3 times daily over 20 days</b>				
<b>WEIGHT MANAGEMENT</b>				
Essential Oils	Herbs/Spices	Base Ingredients		Flavouring
Aniseed Chamomile Maroc Grapeseed Juniper	Herbs: 5:1 Dang Gui - 2gm (Dong Qual) Guo Teng - 2gm Qiang Huo - 2gm Tian Nan Xing - 2gm Wang Bu Liu Xing Guo - 2gm Wu Jia Pi - 2gm  Spices: Allspice - 10gm Cinnamon - 10gm Fenugreek - 10gm Garlic - 10gm	<b>Honey Products</b> Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm  <b>Enzymes/Minerals</b> <b>Enzymes:</b> Vegetable Enzymes - 15gm  <b>Minerals:</b> Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm	<b>Aloe Vera/Amino Acids/Vitamins</b> <b>Aloe Vera:</b> Over 70 nutrients - ¼ litre  <b>Amino Acids:</b> L- Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm  <b>Vitamins:</b> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

<b>Product Formula X1</b>				
<b>Bodycare Lotion</b>				
<b>SKIN CARE</b>				
Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids
Bee Propolis Creme 1ml  Nectar Nutritional Drink 10ml daily	Benzoin Bergamot Chamomile Maroc Cypress Dill Hyescop Lavender Patchouli Rose Geranium Sandalwood Ylang Ylang	Herbs: 5:1 Chuan Lian Zi - 2gm Da Zao - 2gm  Spices: Allspice - 10gm Cayenne Pepper - 10gm	Bee Propolis - 4:1 - 5gm	VIT E - 30gm Euxyl K100 - 10mg Inositol - 10mg L-Phenylalanine - 10mg
			Base Formulation	
			Avocado Oil 15% Cellulose 15% Colloidal Sulphur 5% Emulsifying Ointment 30% P.Chloro M.Cresol 15% Purified Water 69% Phenoxyethanol 1% Sodium Laureth 5% Wheatgerm Oil 15% Witch Hazel Extract 15%	

**PRODUCT FORMULA BY AILMENT & ILLNESS****SKIN CARE****Product Formula X2****Facecare Lotion**

Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Base Formulation
Bee Propolis Creme 1ml	Bergamot Fennel Frankincense	Herbs: 5:1 Chuan Lian Zi - 2gm Suan Zao Ren - 2gm	Bee Propolis - 4:1 - 5gm	VIT E - 30gm Euxyl K100 - 10gm Inositol - 10gm L-Phenylalanine - 10gm	Emulsifying Ointment 30% Grapeseed Oil 15% Purified Water 69% Phenoxyethanol 1% Vegetable Oil 15% Wheatgerm Oil 15%
Nectar Nutritional Drink 10ml daily	Hyssop Juniper Lavender Lemon Niacin Patchouli Pine Rosemary	Spices: Aniseed - 10gm Cumlin - 10gm			

**SKIN CARE****Product Formula X3****Haircare Lotion & Restoration**

Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Base Formulation
Bee Propolis Creme 1ml	Benzoin Bergamot Chamomile Maroc Eucalyptus Globulus	Herbs: 5:1 Bo He - 2gm Da Zao - 2gm		VIT E - 30gm Inositol - 10gm L-Phenylalanine - 10gm	Dehydrol 10% Emulsifying Ointment 30% Jojoba Oil 30% Purified Water 69% Phenoxyethanol 1%
Nectar Nutritional Drink 10ml daily	Jojoba Lavender Rose Geranium Rosemary	Spices: Arrowroot - 10gm Cassia - 10gm			

PRODUCT FORMULA BY AILMENT & ILLNESS

SKIN CARE						
<u>Product Formula X4</u>						
Nutriolcare Protection Lotion						
Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Base Formulation	
Bee Propolis Crema 1ml	Bergamot Cedarwood Chamomile Maroc Cypress Fennel Frankincense Juniper Lavender Lemon Mountain Savoury Neroli Rose Geranium Sandlewood	Herbs: 5:1 Chuan Lian Zi - 2gm Hua Jiao - 2gm  Spices: Celery Salt - 10gm	Bee Propolis - 4:1 - 5gm	VIT E - 30gm Euxyl K100 - 10gm Inositol - 10gm L-Phenylalanine - 10gm	Avocado Oil 15% Carrot Oil 15% Cellulose 15% Colloidal Sulphur 5% Emulsifying Ointment 30% Grapeseed Oil 15% P. Chloro M. Cresol 15% Purified Water 69% Phenoxyethanol 1% Sodium Laureth 5% Triethanolamine 10% Wheatgerm Oil 15%	
Nectar Nutritional Drink 10ml daily						

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>SKIN CARE</b>						
<b>Product Formula X5</b>						
Suncare Lotion - Pre sunbathing X5 (i) After sun X5 (ii)						
<b>Aloe Vera</b>	<b>Essential Oils</b>	<b>Herbs/Spices</b>	<b>Honey Products</b>	<b>Vitamins/Amino Acids</b>	<b>Base Formulation</b>	
X5 (i) Bee Propolis Creme 1ml	Bergamot Chamomile Maroc 1/6ml 1/6ml	Herbs: 5:1 Cang Er Zi - 2gm Qiang Huo - 2gm Spices: Chilli - 10gm Garlic - 10gm	Bee Propolis - 4:1 - 5gm	VIT E - 30gm Euxyl K100 - 10gm L-Phenylalaine - 10gm	Emulsifying Ointment 30% Purified Water 69% Phenoxyethanol 1%	
X5 (ii) Bee Propolis Creme 1ml	Bergamot Dill Fennel 1/6ml 1/6ml	Herbs: 5:1 Cang Er Zi - 2gm Hua Jiao - 2gm Qiang Huo - 2gm Spices: Cinnamon - 10gm Fenugreek - 10gm	Bee Propolis - 4:1 - 5gm	VIT E - 30gm Euxyl K100 - 10gm L-Phenylalaine - 10gm	Emulsifying Ointment 30% Purified Water 69% Phenoxyethanol 1%	

**PRODUCT FORMULA BY AILMENT & ILLNESS****Product Formula Y1****PET, VETERINARY & EQUINE CARE****Immune System****Nutritional Supplement - Daily dose of 5ml in food**

Essential Oils		Herbs/Spices	Base Ingredients		Flavouring
Basil 1/6ml	Herbs: 5:1	Bai Guo Ye (Ginkgo) - 1gm	<b>Honey Products</b>	<b>Aloe Vera/Amino Acids/ Vitamins</b>	Honey - 20ml
Bergamot 1/6ml	Bai Guo Ye (Ginkgo) - 1gm	Ban Xia - 1gm	Royal Jelly - 3:1 - 7gm	<b>Aloe Vera:</b>	Indian Brandee - 20ml
Camphor 1/6ml	Ban Xia - 1gm	Boswellia Serrata - 5gm	Bee Propolis - 4:1 - 5gm	Over 70 nutrients including all vitamins B1-B16 - ¼ litre	Vanilla - 50gm
Chamomile German 1/6ml	Da Huang - 1gm	Er Cha - 1gm	<b>Enzymes:</b>	<b>Amino Acids:</b>	
Chamomile Maroc 1/6ml	Gou Qi Zi (Lycium) - 1gm	Grapeseed - 15mcg	Co Enzyme Q10 - 10 mcg	Hesperidin Complex - 7.5gm	
Chamomile Roman 1/6ml	Mao Zhao Cao (Cats Claw) - 1gm	1gm	<b>Vegetable Enzymes</b> 4:1 - 7.5gm	Histidine - 7.5gm	
Cinnamon Leaf 1/6ml	Pycnogenol - 10mcg	Salix Alba (White Willow) - 5gm	<b>Minerals:</b>	Isoleucine - 7.5gm	
Clove Buds 1/6ml	1:1	Shu Niu Jiao Si - 1gm	Calcium Amino Acid Chelate 20% - 5gm	L-Aspartic Acid - 7.5gm	
Eucalyptus Globulus 1/6ml	Su Mu - 1gm	Wu Jia Pi - 1gm	Copper Amino Acid Chelate 20% - 7.5gm	L-Glutamim - 15gm	
Fennel 1/6ml	<b>Spices:</b>		Chromium Niacin - 10mcg	L-Phenylalanine - 7.5gm	
Frankincense 1/6ml	Allspice - 10gm		Devil's Claw - 7.5gm	Lecithin - 7.5gm	
Hyssop 1/6ml	Asafoetida - 10gm		Garlic - 5gm	Lysine - 7.5gm	
Juniper 1/6ml	Chilli Powder - 10gm		Inositol 12.5gm	L-Taurine - 7.5gm	
Lemon Grass 1/6ml	Cinnamon Sugar - 10gm		Iron Gluconate 12.5% - 5gm	L-Threonine - 7.5gm	
Mountain Savoury 1/6ml	Coconut Cream Block - 10gm		Magnesium Amino Acid Chelate - 10gm	Phosphatidyl Choline - 10gm	
Niaouli 1/6ml	Coriander - 10gm		<b>Vitamins:</b>		
Peppermint 1/6ml	Fenugreek - 10gm		Maganese Gluconate - 10gm	Betacarotene Dunaliella Salina Algae 2.5% - 7.5gm	
Rose Geranium 1/6ml	Horsradish Ribbled - 10gm		Mineral Clay Powders - 7.5gm	Biotin - 5mcg	
Rosemary 1/6ml	Juniper Berries - 10gm		Molybdenum - 7.5gm	Folic Acid - 15gm	
Tagetes 1/6ml	Laos - 10gm		Selenium Methionine 5% - 5gm	VIT C - 15gm	
Thyme Red 1/6ml	Mace Ground - 10gm		Superoxide Dismutase (S.O.D.) - 7.5gm	VIT E D - Alpha Tocopherol - 10gm	
Ylang Ylang 1/6ml			Zinc Amino Acid Chelate 20% - 2.5gm	K1 5% - 1gm	
			<b>Nutritional Oils &amp; Fats</b>		
			Cod Liver Powder - 7.5gm		
			Evening Primrose - 15ml		
			Linoleic Acid - 7.5gm		
			Linolenic Acid - 7.5gm		
			Olive Oil - 15ml		

## **PRODUCT FORMULA BY AILMENT & ILLNESS**

## Product Formula Y2

## **PET, VETERINARY & EQUINE CARE**

- 6 capsules daily in food over 20 days

Product Formula Y2				PET, VETERINARY & EQUINE CARE	
Intestine System				- 6 capsules daily in food over 20 days	
Essential Oils		Herbs/Spices	Base Ingredients		Flavouring
Aniseed	1/8ml	Herbs: 5:1	<b>Honey Products</b>	<b>Aloe Vera/Amino Acids/ Vitamins</b>	Honey - 20ml
Bergamot	1/8ml	Bai Guo Ye (Ginkgo) - 2gm	Royal Jelly - 3:1 - 7gm	<b>Aloe Vera:</b>	Indian Brandee - 20ml
Camphor	1/8ml	Da Huang - 2gm	Bee Propolis - 4:1 - 5gm	Over 70 nutrients - 1/4 litre	Vanilla - 50gm
Chamomile German	1/8ml	Er Cha - 2gm	<b>Enzymes/Minerals</b>	<b>Amino Acids:</b>	
Chamomile Maroc	1/8ml	Salix Alba (White Willow) - 10gm	<b>Enzymes:</b>	L-Threonine - 15gm	
Chamomile Roman	1/8ml	1:1	Vegetable Enzymes - 15gm	Superoxide Dismutase (S.O.D.) - 15gm	
Cinnamon Leaf	1/8ml	Shiu Niu Jiao Si - 2gm	<b>Minerals:</b>		
Clove Buds	1/8ml	Su Mu - 2gm	Calcium Amino Acid Chelate 20% - 10gm	<b>Vitamin:</b>	
Eucalyptus Globulus	1/8ml	Wu Jia Pi - 2gm	Copper Amino Acid Chelate 20% - 15gm	VIT C - 15gm	
Fennel	1/8ml	<b>Spices:</b>	Garlic - 5gm	VIT E - Alpha Tocopherol - 10gm	
Frankincense	1/8ml	Asafoetida - 10gm	Inositol 25gm		
Ginger	1/8ml	Cassia - 10gm	Iron Gluconate 12.5% - 10gm		
Hyssop	1/8ml	Chilli Powder - 10gm	Mineral Clay Powders - 15gm		
Juniper	1/8ml	Coconut Cream Block - 10gm	Zinc Amino Acid Chelate 20% - 5gm		
Lemon Grass	1/8ml	Coriander - 10gm			
Mountain Savoury	1/8ml	Cream of Tartar - 10gm			
Niaouli	1/8ml	Dill Seeds - 10gm			
Peppermint	1/8ml	Fenugreek - 10gm			
Rose Geranium	1/8ml	Horseradish Ribbled - 10gm			
Rosemary	1/8ml	Mace Ground - 10gm			
Tagetes	1/8ml				
Thyme Red	1/8ml				
Ylang Ylang	1/8ml				

## **PRODUCT FORMULA BY AILMENT & ILLNESS**

### Product Formula Y3

**PET, VETERINARY & EQUINE CARE**

- 6 capsules daily days in food over 20 days

<b>PET, VETERINARY &amp; EQUINE CARE</b>					
<b>- 6 capsules daily days in food over 20 days</b>					
<b>Depression</b>					
<b>Product Formula Y3</b>					
<b>Essential Oils</b>		<b>Herbs/Spices</b>	<b>Base Ingredients</b>		<b>Flavouring</b>
Basil	1/8ml	<b>Herbs: 5:1</b>	<b>Honey Products:</b>	<b>Aloe Vera/Amino Acids/ Vitamins</b>	Honey - 20ml
Bergamot	1/8ml	Bai Guo Ye (Ginkgo) - 2gm	Royal Jelly - 3:1 - 7gm	<b>Aloe Vera:</b>	Indian Brandee - 20ml
Camphor	1/8ml	Da Huang - 2gm	Bee Propolis - 4:1 - 5gm	Over 70 nutrients - ¾ litre	Vanilla - 50gm
Chamomile German	1/8ml	Er Cha - 2gm			
Chamomile Maroc	1/8ml	Su Mu - 2gm	<b>Enzymes/Minerals</b>	<b>Amino Acids:</b>	
Chamomile Roman	1/8ml	Wu Jia Pi - 2gm		L-Threonine - 15gm	
Cinnamon Leaf	1/8ml		<b>Enzymes:</b>	Superoxide Dismutase (S.O.D.) - 15gm	
Clove Buds	1/8ml	<b>Spices:</b>	Vegetable Enzymes - 15gm		
Dill	1/8ml	Asafetida - 10gm			
Eucalyptus Globulus	1/8ml	Chilli Powder - 10gm	<b>Minerals:</b>	<b>Vitamins:</b>	
Fennel	1/8ml	Coconut Cream Block - 10gm	Calcium Amino Acid Chelate 20% - 10gm	VIT C - 15gm	
Frankincense	1/8ml	Coriander - 10gm	Copper Amino Acid Chelate 20% - 15gm	VIT E D - Alpha Tocopherol - 10gm	
Hyssop	1/8ml	Cumin - 10gm	Garlic - 5gm		
Juniper	1/8ml	Fenugreek - 10gm	Inositol 25gm		
Lavender	1/8ml	Horsradish Ribbled - 10gm	Iron Gluconate 12.5% - 10gm		
Lemon Grass	1/8ml	Juniper Berries - 10gm	Mineral Clay Powders - 15gm		
Mountain Savoury	1/8ml	Mace Ground - 10gm	Zinc Amino Acid Chelate 20% - 5gm		
Niaouli	1/8ml	Nutmeg - 10gm			
Peppermint	1/8ml				
Rose Geranium	1/8ml				
Rosemary	1/8ml				
Tagetes	1/8ml				
Thyme Red	1/8ml				
Ylang Ylang	1/8ml				

**PRODUCT FORMULA BY AILMENT & ILLNESS**

**PET, VETERINARY & EQUINE CARE**

**Product Formula Y4**

**Viral Antidote**

- 6 capsules daily in food over 20 days

Essential Oils		Herbs/Spices	Base Ingredients		Flavouring
Basil	1/4ml	Herbs: 5:1	<b>Honey Products</b>	<b>Aloe Vera/Amino Acids/ Vitamins</b>	Honey - 20ml
Bergamot	1/4ml	Bai Guo Ye (Ginkgo) - 2gm	Royal Jelly - 3:1 - 7gm	<b>Aloe Vera:</b>	Indian Brandee - 20ml
Camphor	1/4ml	Da Huang - 2gm	Bee Propolis - 4:1 - 5gm	Over 70 nutrients - 1/4 litre	Vanilla - 50gm
Chamomile German	1/4ml	Er Cha - 2gm			
Chamomile Maroc	1/4ml	Mao Zhao Cao (Cats Claw) - 2gm		<b>Amino Acids:</b>	
Chamomile Roman	1/4ml	Salix Alba (White Willow) - 10gm		L-Glutamim - 15gm	
Cinnamon Leaf	1/4ml	1:1	<b>Enzymes/Minerals</b>	L-Threonine - 15gm	
Clove Buds	1/4ml	Shu Niu Jiao Si - 2gm	<b>Enzymes:</b>	Superoxide Dismutase (S.O.D.) - 15gm	
Eucalyptus Globulus	1/4ml	Su Mu - 2gm	Vegetable Enzymes - 15gm		
Fennel	1/4ml	Wu Jia Pi - 2gm			
Frankincense	1/4ml	Zhi Zi - 2gm	<b>Minerals:</b>		
Ginger	1/4ml		Calcium Amino Acid Chelate 20% - 10gm		
Hyssop	1/4ml		Copper Amino Acid Chelate 20% - 15gm	<b>Vitamins:</b>	
Juniper	1/4ml	<b>Spices:</b>		VIT C - 15gm	
Lemon Grass	1/4ml	Allspice - 10gm		VIT E D - Alpha Tocopherol - 10gm	
Mountain Savoury	1/4ml	Asafoetida - 10gm			
Niaouli	1/4ml	Celery Salt - 10gm			
Peppermint	1/4ml	Chilli Powder - 10gm			
Rose Geranium	1/4ml	Coconut Cream Block - 10gm			
Rosemary	1/4ml	Coriander - 10gm			
Tagetes	1/4ml	Cream of Tartar - 10gm			
Thyme Red	1/4ml	Fenugreek - 10gm			
Ylang Ylang	1/4ml	Horseradish Ribbled - 10gm			
		Mace Ground - 10gm			
		Mixed Spices Sweet - 10gm			



**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula Z - CRA</b>				
<b>- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)</b>				
<b>Clarissa Recovery Remedy</b>				
<b>Essential Oils</b>		<b>Herbs/Spices</b>	<b>Base Ingredients</b>	<b>Carrier Oils</b>
Meningitis Strokes & Heart Attacks				
Basil Carrot Ginger	1/6ml 1/6ml 1/6ml	Herbs: 5:1 Chen Tiu - 2gm Chen Xiang - 2gm Fu Pen Zi - 2gm Qiang Huo - 2gm Shu Di Huang - 2gm  Spices: Anise Star - 10gm Cumin - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

<b>Product Formula Z - CRB</b>				
<b>- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)</b>				
<b>Clarissa Recovery Remedy</b>				
<b>Essential Oils</b>		<b>Herbs/Spices</b>	<b>Base Ingredients</b>	<b>Carrier Oils</b>
Irritable Bowel Organophosphate Disease (OP's)				
Aniseed Basil Bergamot Carrot	1/6ml 1/6ml 1/6ml 1/6ml	Herbs: 5:1 Bal He - 2gm Chen Xiang - 2gm Chi Shao Yao - 2gm Huo Ma Ren - 2gm Shu Di Huang - 2gm  Spices: Anise Star - 10gm Cassia - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula Z - CRC2</b>				
<b>- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)</b>				
<b>Clarissa Recovery Remedy</b>				
<b>Influenza</b>				
Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils	
Basil Bergamot Eucalyptus Globulus Joloba	Herbs: 5:1 Bo He - 2gm Cang Er Zi - 2gm Chen Xiang - 2gm Da Zao - 2gm Lian Zi - 2gm Shu Di Huang - 2gm  Spices: Anise Star - 10gm Fennel - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	
<b>Product Formula Z - CRJ</b>				
<b>- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)</b>				
<b>Clarissa Recovery Remedy</b>				
<b>Alzheimers Disease Batten's Disease</b>				
Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils	
Basil Carrot Eucalyptus Globulus	Herbs: 5:1 Bai Gou - 2gm Cang Er Zi - 2gm Chen Xiang - 2gm Dan Shen - 2gm Gao Ben - 2gm Shu Di Huang - 2gm  Spices: Anise Star - 10gm Coriander - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula Z - CRM</b>		<b>- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)</b>		
<b>Anaemia</b>		<b>Clarissa Recovery Remedy</b>		
<b>Motor Neurone Disease</b>		<b>M.E.</b>		
<b>Essential Oils</b>		<b>M.S.</b>		
		<b>Herbs/Spices</b>	<b>Base Ingredients</b>	<b>Carrier Oils</b>
Basil	1/6ml	Herbs: 5:1	Aloe Vera Pure - 20ml	Avocado - 10ml
Bergamot	1/6ml	Bai Jiang Cao - 2gm	Honey - 20ml	Grapeseed - 40ml
Eucalyptus Globulus	1/6ml	Chen Xiang - 2gm		Hazelnut - 10ml
Juniper	1/6ml	Chi Shao Yao - 2gm		
		Shu Di Huang - 2gm		
		Ting Li Zi - 2gm		
		Ye Tu Hua - 2gm		
		<b>Spices:</b>		
		Anise Star - 10gm		
		Ginger - 10gm		

**PRODUCT FORMULA BY AILMENT & ILLNESS**

Product Formula Z - CRN				
NUTRITIONAL BOOST				
- 2 sessions Reflexology (minimum 2 hours apart maximum 7 days apart)				
Clarissa Recovery Remedy				
Acne	Anorexia	Cancer	Hepatitis	Sports - Energy booster & stamina
Aids	Bulimia	Candida	Leukaemia	
Essential Oils		Base Ingredients		Massage Oils
Black Pepper	1/6ml	<u>Honey Products</u>	<u>Aloe Vera/Amino Acids/Vitamins</u>	Avocado - 10ml
Chamomile Roman	1/6ml	Honey - 20ml	<u>Aloe Vera:</u>	Grapeseed - 40ml
Eucalyptus Globulus	1/6ml	Royal Jelly - 2gm	Over 70 nutrients - 40ml	Hazelnut - 10ml
Fatigue	1/6ml	Bee Propolis - 3gm		
Juniper	1/6ml	<u>Enzymes/Minerals</u>	<u>Amino Acids:</u>	
Peppermint	1/6ml	<u>Enzymes:</u>	Histidine - 3gm	
Tagastes	1/6ml	Co Enzyme Q10 - 2mcg	L-Phenylalanine - 3gm	
			L- Threonine - 3gm	
		<u>Minerals:</u>	<u>Vitamins:</u>	
		Calcium Amino Acid Chelate 20% - 2gm	Betacarotene Dunaliella Salina Algae - 3gm	
		Inositol - 4gm	Biotin - 1mcg	
		Iron Gluconate 12.5% - 2gm	VIT C - 3gm	
		Zinc Amino Acid Chelate 20% - 1gm	VIT E D - Alpha Tocopherol - 2gm	
			K1 -300mg	
		<u>Nutritional Oils</u>		
		Evening Primrose - 5ml		

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula Z - CRR</b>				
<b>- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)</b>				
<b>Clarissa Recovery Remedy</b>				
Arthritis - Rheumatoid Osteoporosis				
Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils	
Basil Bergamot Eucalyptus Globulus Juniper Niaul	Herbs: 5:1 Bai Jiang Cao - 2gm Chen Xiang - 2gm Chuan Lian Zi - 2gm Huo Ma Ren - 2gm Ou Jie - 2gm Shu Di Huang - 2gm  Spices: Anise Star - 10gm Dill - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	

<b>Product Formula Z - CRS3</b>				
<b>- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)</b>				
<b>Clarissa Recovery Remedy</b>				
Maintenance Recovery Massage				
Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils	
Basil Bergamot Dill Eucalyptus Globulus	Herbs: 5:1 Bai Dou Kou - 2gm Chen Xiang - 2gm Dan Shen - 2gm Ji Xue Feng - 2gm Shu Di Huang - 2gm  Spices: Anise Star - 10gm Cinnamon - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b><u>Product Formula Z - CRZ</u></b>				
<b>Recovery &amp; Toning Bath Oil (20 applications)</b>				
<b>Essential Oils</b>	<b>Herbs/Spices</b>		<b>Carrier Oils</b>	
Bergamot Lavender Rosemary	Herbs: 5:1 Cang Er Zi - 1gm Chen Xiang - 1gm Da Huang - 1gm Shu Di Huang - 1gm Ting Li Zi - 1gm  Spices: Anise Star - 1gm		Grapeseed Oil - 40ml Avocado Oil - 40ml Water - 160ml	

## CLAIMS

1. A medicinal or cosmetic composition comprising at least one essential oil in combination with at least one spice and/or at least one herb.
2. A medicinal or cosmetic composition according to Claim 1, wherein the composition comprises one or more essential oils selected from: bergamot, chamomile german, chamomile maroc, chamomile roman, cinnamon zeylanicum, clove buds, eucalyptus globulus, frankincense, fennel, hyssop, juniper, lemon grass, mountain savoury, niaouli, red thyme, rosemary, rose geranium, tagestes and ylang ylang.
3. A medicinal or cosmetic composition according to Claims 1 or 2, wherein the composition comprises one or more Chinese herbs selected from: Acacia Catechu, Acanthopanax Gracilistylus, Caesalpinia Sappan and Epimedium Spinosum.
4. A medicinal or cosmetic composition according to any preceding claim wherein the composition comprises one or more spices selected from: asapoetidia, coconut, coriander, fenugreek and horseradish.

5. A medicinal or cosmetic composition according to any preceding claim comprising

(a) the following essential oils:

bergamot, chamomile german, chamomile maroc,  
chamomile roman, cinnamon zeylanicum, clove  
buds, eucalyptus globulus, frankincense,  
fennel, hyssop, juniper, lemon grass, mountain  
savory, niaouli, red thyme, rosemary, rose  
geranium, tagetes and ylang ylang.

(b) the following Chinese herbs:

Acacia Catechu, Acanthopanax Gracilistylus,  
Caesalpinia Sappan and Epimedium Spinosum.

(c) the following spices:

asapoetidia, coconut, coriander, fenugreek and  
horseradish.

6. A medicinal or cosmetic composition according to any preceding claim additionally comprising an Aloe vera extract.



7. A medicinal or cosmetic composition according to any preceding claim in combination with a honey product.
8. A medicinal or cosmetic composition according to any preceding claim in combination with one or more vitamins, minerals, amino acids, enzymes, flavourings and/or Bach flower remedies.
9. A tablet or capsule for oral administration comprising a medicinal or cosmetic composition according to any preceding claims.
10. A composition for topical application comprising a medicinal or cosmetic composition according to any one of Claims 1-8.
11. The use of a medicinal composition according to any one of Claims 1-8 for the treatment of disease or physical disability or sports injuries, or for the build up and maintenance of the immune system, or for the protection against disease or pollution.
12. The use of a cosmetic formulation according to any one of Claims 1-8 for skin care and/or weight management.